

Coconut recipes

from around the world

MLC George, EP Cervantes, editors



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Bioversity International is an independent international scientific organization that seeks to improve the well-being of present and future generations of people by enhancing conservation and the deployment of agricultural biodiversity on farms and in forests. It is one of 15 centres supported by the Consultative Group on International Agricultural Research (CGIAR), an association of public and private members who support efforts to mobilize cutting-edge science to reduce hunger and poverty, improve human nutrition and health, and protect the environment. Bioversity has its headquarters in Maccarese, near Rome, Italy, with offices in more than 20 other countries worldwide. The Institute operates through four programmes: Diversity for Livelihoods, Understanding and Managing Biodiversity, Global Partnerships, and Commodities for Livelihoods.

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Financial support for Bioversity's research is provided by more than 150 donors, including governments, private foundations and international organizations. For details of donors and research activities please see Bioversity's Annual Reports, which are available in printed form on request from bioversity-publications@cgiar.org or from Bioversity's Web site (www.bioversityinternational.org).

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COGENT, the International Coconut Genetic Resources Network founded by Bioversity International (then the International Plant Genetic Resources Institute, IPGRI) in 1992, is a global network of coconut-producing countries, aimed at improving the production and use of coconut and the conservation of its diversity.

As a network, COGENT synergizes the efforts of partners to strengthen coconut conservation and research programmes, and empower communities dependent on coconut for their livelihoods to adopt improved technologies and diversified production and marketing systems. We do this by bringing together crop scientists, social scientists, private sector stakeholders, enterprise and innovations specialists, and decision makers to develop models of best practice, guidelines and other knowledge that contribute to the effective conservation and use of coconut genetic resources

Citation: George MLC, Cervantes EP, editors. 2009. Coconut recipes from around the world. Bioversity International – Regional Office for Asia, the Pacific and Oceania (Bioversity – APO), Serdang, Selangor D.E., Malaysia.

ISBN: 978-92-9043-806-9

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Bioversity International is the operating name of the International Plant Genetic Resources Institute (IPGRI) and the International Network for the Improvement of Banana and Plantain (INIBAP).

“Tell me what you eat, and I will tell you what you are.”

— Jean Anthelme Brillat-Savarin

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Foreword

Coconut is grown in more than 90 countries, where it has been an important part of the local culture and economy for a very long time. With its myriad uses, coconut is deeply embedded in the people's day-to-day life. It is the "tree of life," an important source of food, drink, shelter and family income. For people in coconut-growing parts of the world, a day is complete only if it includes a savoury snack, a spicy curry or a sweet dessert that has coconut as its main ingredient.

At least 96% of total world production comes from farmers with smallholdings. However, due to low prices and unstable markets for traditional coconut products, farmers derive only marginal income from coconut. Declining farm productivity, as well as pests and diseases, crop shifts, and urbanization pose serious threats to sustainable coconut production.

Bioversity International, through the International Coconut Genetic Resources Network (COGENT), has been developing strategies to help improve the livelihood of smallholder farmers – the backbone of the coconut industry – to help lift them out of poverty and encourage the conservation of coconut at the same time. COGENT pioneered the linking of plant genetic resources conservation and poverty reduction through a series of projects aimed at developing, testing, and promoting sustainable coconut-based income-generating technologies. These projects focused on increasing yields by introducing high-yielding, adapted and high-value coconut varieties; on increasing farm productivity through intercropping and livestock production; and on increasing incomes by producing diverse high-value products from all parts of the coconut.

This book, a collection of recipes themed around coconut, is the outcome of a joint effort of Bioversity International and COGENT member countries. Being a traditional part of the rural food system and a major source of nutrition for many rural communities, coconut has been combined in various ways with locally available ingredients in cuisines that reflect the local biodiversity. In this book, we share 300 ways of using coconut in recipes from 13 coconut-growing countries. These recipes were contributed by dedicated colleagues in the coconut community who live, work and cook with coconut. We hope that this book will generate awareness, stimulate interest and encourage the use of this precious genetic resource in the international community.

Enjoy!

Maria Luz C. George, PhD

COGENT Coordinator

2006-2009

Acknowledgements

This coconut recipe book was the idea of former COGENT Coordinator Ponciano Batugal. The recipes were compiled from the different countries by Programme Assistant Zulyana Mohd Nor and Scientific Assistant Jayashree Kanniah. We thank our colleagues from our partner organizations for collecting recipes from their countries:

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Neil Cervantes, Albert Chan Yunn Horng and Maria Luz C. George contributed to the cover design. The design of the pages was the result of the collaborative effort of Maria Luz C. George, Neil Cervantes, Karen Lehrer, Claudine Picq and Albert Chan. Albert Chan and Yeow Giap Seng did the layout. We are grateful to our Bioversity colleagues Albert Chan, for providing valuable technical assistance; Yeow Giap Seng, for facilitating the whole process of getting the book to publication; and Prem Mathur, for assisting in the printing of the book.

About the Editors

Maria Luz C. George is an international agricultural scientist whose main research training is in the biological sciences. Her management responsibilities have covered crop improvement, genetic resources conservation and sustainable livelihood in the areas of capacity building, collaborative research and networking. Her work with the International Rice Research Institute, the International Maize and Wheat Improvement Centre, and Bioversity International took her to many countries, where she developed an appreciation of various cuisines as a source of learning, enjoyment and adventure.

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Ingredients

All recipes in this book have coconut as a necessary ingredient. In general, the amounts and proportions of the ingredients in most of the recipes are flexible, allowing for substitutions and adaption to western tastes. Most of the ingredients are available in supermarkets or oriental grocery stores.



Dehusked coconut



Desiccated coconut



Fresh grated coconut in the refrigerated section



Fresh coconut milk in the refrigerated section



Coconut oil



Canned coconut milk



Coconut milk in tetrapak



Coconut sugar

Coconut terms

Meat - White, fleshy part of the nut (endosperm) which can be grated or shredded.

Bagasse - Grated meat from which milk has been extracted.

Flour - Bagasse that is ground into a powder very similar in consistency to wheat flour.

Desiccated coconut - Finely shredded, bleached and dried coconut meat.

Copra - Dried coconut meat from which oil is extracted.

Water - Clear liquid inside the cavity of the nut.

Milk - White liquid obtained by directly squeezing freshly grated meat (thick coconut milk) or by adding water and extracting a dilute emulsion (thin coconut milk).

Cream - Obtained by centrifuging coconut milk and separating the cream from rest of the milk.

Sugar - Produced from sap which is tapped from the inflorescence. The sap is boiled until it thickens and then allowed to solidify.

Palm heart - Apical bud or the growing tip of a coconut palm.

Nutrient content information

Nutrient	Units	Raw meat (from mature coconut)	Raw coconut milk (expressed from grated meat and water)
		Value per 100 grams	Value per 100 grams
Water	g	46.99	67.62
Energy	kcal	354	230
Energy	kJ	1481	962
Protein	g	3.33	2.29
Total lipid (fat)	g	33.49	23.84
Ash	g	0.97	0.72
Carbohydrate, by difference	g	15.23	5.54
Fiber, total dietary	g	9.0	2.2
Sugars, total	g	6.23	3.34
Minerals			
Calcium, Ca	mg	14	16
Iron, Fe	mg	2.43	1.64
Magnesium, Mg	mg	32	37
Phosphorus, P	mg	113	100
Potassium, K	mg	356	263
Sodium, Na	mg	20	15
Zinc, Zn	mg	1.10	0.67
Copper, Cu	mg	0.435	0.266
Manganese, Mn	mg	1.500	0.916
Selenium, Se	mcg	10.1	6.2
Vitamins			
Vitamin C, total ascorbic acid	mg	3.3	2.8
Thiamin	mg	0.066	0.026
Riboflavin	mg	0.020	0.000
Niacin	mg	0.540	0.760
Pantothenic acid	mg	0.300	0.183
Vitamin B-6	mg	0.054	0.033
Folate, total	mcg	26	16
Folate, food	mcg	26	0
Folate, DFE	mcg_DFE	26	16
Choline, total	mg	12.1	16
Vitamin E (alpha-tocopherol)	mg	0.24	8.5
Tocopherol, gamma	mg	0.53	0.15
Vitamin K (phylloquinone)	mcg	0.2	0.1
Lipids			
Fatty acids, total saturated	g	29.698	21.140
Fatty acids, total monounsaturated	g	1.425	1.014
Fatty acids, total polyunsaturated	g	0.366	0.261
Cholesterol	mg	0	0
Phytosterols	mg	47	1
Amino acids			
Tryptophan	g	0.039	0.027
Threonine	g	0.121	0.083
Isoleucine	g	0.131	0.090
Leucine	g	0.247	0.170
Lysine	g	0.147	0.101
Methionine	g	0.062	0.043
Cystine	g	0.066	0.045
Phenylalanine	g	0.169	0.116
Tyrosine	g	0.103	0.071
Valine	g	0.202	0.139
Arginine	g	0.546	0.376
Histidine	g	0.077	0.053
Alanine	g	0.170	0.117
Aspartic acid	g	0.325	0.224
Glutamic acid	g	0.761	0.524
Glycine	g	0.158	0.108
Proline	g	0.138	0.095
Serine	g	0.172	0.118
Source: USDA National Nutrient Database for Standard Reference, Release 21 (2008)			



appetizers and snacks

appetizers and snacks

Bangladesh



Coconut-filled Pastry Puli Pitha

2 cups wheat flour
1/3 cup soybean oil
Salt
Water
2 cups grated coconut
1 cup sugar
2 cardamom seeds, pounded
Soybean oil for deep-frying

1. Mix wheat flour with soybean oil and a pinch of salt. Add enough water to make a firm dough. Knead well.
2. Form dough into 5-cm balls and flatten into rooti (flat dough). Set aside.
3. Mix grated coconut, sugar and cardamom. Sauté together until brown and set aside.
4. Place a small amount of grated coconut mixture in each rooti.
5. Fold the rooti and seal ends by pressing with the tines of a fork.
6. Deep-fry in soybean oil until golden brown.

Makes 3 - 4 servings

Contributed by A. K. M. Amzad Hossain and Nazirul Islam

appetizers and snacks

Bangladesh



Sweet Coconut Samosa Narkeli Samosa

3 cups wheat flour
Salt
2 tbsp shortening, melted
Water
Cooking oil
2 ½ - 4¼ tsp cinnamon powder
2 tsp cardamom
½ tsp garam masala
2 cups grated coconut
½ cups sugar

1. Sift flour. Add a pinch of salt and shortening and mix well.
2. Add enough water a little at a time and knead into soft dough. Set aside.
3. To prepare coconut filling, heat 2 tbsp oil and fry the cinnamon, cardamom and garam masala. Add grated coconut and sugar. Stir until golden brown.
4. Divide dough into small balls. Flatten each ball into a thin circle and cut in half.
5. Fold each half and seal the edges with water to make a cone.
6. Fill up each cone with coconut filling and seal the top.
7. Deep-fry until golden brown.

Makes 6 - 8 servings

Contributed by A. K. M. Amzad Hossain and Nazirul Islam

appetizers and snacks

Fiji



Coconut Cake Keke Niu

250 g (about 1 cup) butter
1 cup sugar
2 eggs
2½ cups self-rising flour
1 tsp baking soda
1 cup grated coconut
1 tsp vanilla
Desiccated coconut

1. Cream butter in mixing bowl. Add sugar and eggs. Mix thoroughly.
2. In another bowl, mix flour, baking soda and grated coconut.
3. Gradually add to butter mixture.
4. Add vanilla and mix well.
5. Pour into greased baking dish and bake at 180°C for 45 minutes.
6. Garnish with desiccated coconut.

Makes 4 - 6 servings

Contributed by Rajeli Tuibua

appetizers and snacks

Fiji



Coconut Milk Buns Bani Lolo

4 cups flour
1½ cups sugar
4 tsp baking yeast
Water
4 cups thin coconut milk

1. Mix flour, sugar and yeast.
2. Add enough warm water to make soft dough. Knead.
3. Leave to rise for 30 minutes.
4. Cut dough and roll into medium-size balls. Arrange in greased pan.
5. Pour coconut milk on top of dough and bake at low heat for 20 - 25 minutes. Cool.
6. Serve with jam or peanut butter.

Makes 4 - 6 servings

Contributed by Litia Vosanibola

appetizers and snacks

Fiji



Crème Crackers with Freshly Grated Coconut Waite

1 cup grated coconut
3 cups water
Sugar
12 pieces cream crackers

1. Put grated coconut in bowl.
2. Add water and sugar to taste.
3. Break crackers into small pieces and mix with grated coconut.

Makes 4 servings

Contributed by Steven Waqatabu

appetizers and snacks

Fiji



Cassava Cake Tavioka Yaca

2 eggs
½ cup thick coconut milk
½ cup grated cheese
4 tbsp chopped nuts
3 cups grated raw cassava
½ cup shredded young coconut
2 tbsp melted butter or margarine
1 tbsp sugar

1. Beat eggs. Add coconut milk, cheese and chopped nuts.
2. Add cassava and shredded coconut. Mix well.
3. Line cake pan with banana leaves and pour mixture.
4. Bake at 180°C for 40 minutes.
5. Brush with butter or margarine and dust with sugar when cake turns brown.
6. Continue baking until golden brown. Serve cold.

Makes 4 - 6 servings

Contributed by Raijeli Tuibua

appetizers and snacks

Fiji



Plantain Stuffed with Grated Coconut Vudi Vakasoso

6 ripe plantain bananas
1 cup grated coconut
2 cups coconut milk
1 tbsp sugar
½ cup thick coconut milk

1. Peel bananas and cut in half, lengthwise.
2. Stuff with grated coconut and arrange in baking dish.
3. Pour coconut milk on top and dust with sugar if desired.
4. Bake in oven at 180°C for 30 minutes.
5. Cool. Serve with thick coconut milk.

Makes 6 servings

Contributed by Litia Vosanibola

appetizers and snacks

Ghana



Coconut Queen Cookies Ahemaa Kaike

1½ cups flour
1 tsp baking powder
1 cup sugar
200 g (about 1 cup) margarine
4 eggs, beaten
1 cup coconut milk
½ cup mixed fruit (dust with flour)
1 tsp vanilla

1. Sift flour and baking powder together. Set aside.
2. Cream sugar and margarine until light and fluffy.
3. Add eggs and flour mixture gradually.
4. Add coconut milk, mixed fruit and vanilla. Mix thoroughly.
5. Grease cake moulds and fill $\frac{3}{4}$ full with batter.
6. Bake in moderately hot oven at 175°C for 20 - 25 minutes or until evenly brown.

Makes 8 - 10 servings

Contributed by Albert Osei-Bonsu and Mercy Evelyn Ocloo

appetizers and snacks

Ghana



Fried Cassava Coconut Balls Gbelikaklo

5 cups finely grated fresh cassava
1 cup finely grated coconut
Salt
4 eggs, beaten
Oil for deep-frying

1. Squeeze grated cassava to drain out the water
2. Mix coconut, cassava and salt to taste.
3. Add 2 eggs to mixture and knead into dough.
4. Form into balls.
5. Dip in 2 beaten eggs and deep-fry.
6. Serve hot.

Makes 20 servings

Contributed by Albert Osei-Bonsu and Mercy Evelyn Ocloo

appetizers and snacks

Ghana



Coconut Biscuits Kube Biscuits

1½ cups sugar
200 g (about 1 cup) margarine
1½ cups flour
20 g (about 3 tbsp) grated nutmeg
1 tsp baking powder
2 eggs, beaten
1 cup grated coconut
Water

1. Cream sugar and margarine until light and fluffy.
2. Combine flour with nutmeg and baking powder.
3. Add beaten eggs and flour mixture alternately to creamed sugar.
4. Add grated coconut. Mix well until a stiff paste is formed. If paste is too stiff, add water.
5. Roll out on a floured board and cut into various shapes.
6. Prick with fork and arrange on greased cookie tray.
7. Bake for 15 minutes at 175°C or until evenly brown.

Makes 6 - 8 servings

Contributed by Albert Osei-Bonsu and Mercy Evelyn Ocloo

appetizers and snacks

India



Coconut Puffs Thenga Puff

1 cup wheat flour
¼ cup water
Salt
2 tsp ghee (clarified butter)
2 cups grated mature coconut
1 cup sugar
½ tsp cardamom
Cooking oil

1. Combine wheat flour, water, a pinch of salt and ghee in bowl and knead into dough.
2. In another bowl, prepare filling by mixing grated coconut, sugar and cardamom.
3. Divide dough into small balls.
4. Flatten each ball to about 1-cm thickness and put 1 tbsp filling in centre.
5. Fold pastry over. Seal edges by crimping.
6. Heat oil in pan. Deep-fry until golden brown.

Makes 3 - 4 servings

Contributed by K. K. Sajini

appetizers and snacks

India



Coconut Rice Balls Ariyunda

2 cups parboiled rice
4 cups grated mature coconut
 $\frac{1}{3}$ cup water
1 cup coconut sugar (jaggery)
6 pieces cardamom

1. Wash parboiled rice and drain.
2. Toast rice until puffy and crisp. Cool.
3. Pound rice coarsely and set aside.
4. Add water to the coconut sugar and heat to make a syrup. Strain to remove solid particles.
5. Blend grated coconut, toasted rice, cardamom and coconut syrup.
6. Form into balls.

Makes 4 - 6 servings

Contributed by K. K. Sajini

appetizers and snacks

India



Coconut Semolina Balls Nalikera Laddu

2 cups grated coconut
½ cup raisins
½ cup ghee (clarified butter)
1 kg (about 6 cups) semolina
1 cups white sugar
½ tsp powdered cardamom
1 cup water

1. Toast grated coconut just long enough to retain its colour.
2. Fry raisins in ghee. Remove raisins and set aside.
3. Fry semolina in remaining ghee until golden brown.
4. Add toasted coconut, powdered sugar and cardamom.
5. Boil water and sprinkle on mixture.
6. While mixture is still hot, take 1 tbsp and shape into a ball (laddu). Repeat the procedure until mixture is used up.
7. Decorate each laddu with fried raisins.

Makes 10 - 15 servings

Contributed by Jissy George

appetizers and snacks

India



Coconut Waffles Achappam

3 eggs
½ cup rice flour
⅓ cup sugar
3 cups coconut milk
Coconut oil for deep frying

1. Beat eggs. Add flour and mix well.
2. Add sugar and coconut milk. Mix until sugar is dissolved and a smooth batter is formed.
3. Heat oil in deep pan. Heat up waffle mould by dipping it in the hot oil.
4. When mould is hot, dip it into batter. Make sure all sides are coated.
5. Put batter-coated mould back into hot oil and deep-fry until batter is light brown and crispy.
6. Remove waffle from mould.
7. Repeat steps 3 - 6 until batter is used up.

Makes 10 - 15 servings

Contributed by Jissy George

appetizers and snacks

India



Rice Coconut Balls Undalikam

2 cups water
Salt
2 cups rice flour
2 cups grated coconut
½ tsp cumin seeds
1 tbsp coconut oil
1 tsp mustard seeds
3 dried chillies
Curry leaves

1. Boil water with a pinch of salt. Add rice flour and cool.
2. Add 1½ cups grated coconut and cumin seeds.
3. Mix well until a smooth dough is formed.
4. Form dough into small balls and steam for 7 minutes. Remove and set aside.
5. Heat coconut oil and fry mustard seeds (seeds will pop), dried chillies, curry leaves and remaining grated coconut.
6. Add steamed balls. Stir and serve.

Makes 6 servings

Contributed by E. Radha

appetizers and snacks

India



Rice Pastry with Sweet Coconut Filling Ada

2 cups grated coconut
1 cup sugar
½ tsp cardamom
2 cups water
2 cups rice flour
½ tsp salt
Coconut oil

1. Prepare coconut filling by combining grated coconut, sugar and cardamom. Set aside.
2. Boil water in pot. Add rice flour and salt. Cool and then knead into fine dough.
3. Divide dough into small pieces and form lemon-sized balls.
4. Flatten each ball on the palm.
5. Fill with coconut mixture. Fold the flake over and seal edges by crimping.
6. Deep-fry in coconut oil.

Makes 8 servings

Contributed by E. Radha

appetizers and snacks

India



Steamed Rice Layered Cake Puttu

½ kg (about 3¼ cups) rice flour (preferably red rice)

½ tsp salt

Water

1 cup grated coconut

1. Toast rice flour for 5 - 10 minutes, stirring continuously. Cool.
2. Add salt and sprinkle water to slightly wet the rice.
3. Put a handful of grated coconut in the puttu kutty (a steamer tightly fitted with a long cylindrical mould) and ¼ cup rice powder. Repeat layers until puttu kutty is almost full.
4. Cover with lid and steam for 5 minutes.
5. Remove steamed cake from puttu kutty and serve with ripe bananas.

Makes 4 servings

Contributed by Anitha Karun

appetizers and snacks

India



Stuffed Rice Balls Kozhukkatta

2 cups grated coconut
1 cup coconut sugar (jaggery)
½ tsp cumin seeds
2 cups water
2 cups rice flour
½ tsp salt

1. Prepare filling by combining grated coconut, coconut sugar and cumin seeds. Set aside.
2. Boil water. Add rice flour and salt. Mix well. Cool and knead into smooth dough.
3. Divide dough into small portions and form small balls.
4. Flatten each ball and fill with coconut mixture. Seal edges by crimping.
5. Steam for about 7 minutes or until cooked.

Makes 8 servings

Contributed by E. Radha

appetizers and snacks

India



Coconut Biscuits Nalikera Biscuits

1 cup grated coconut
1½ cups wheat flour
1 tsp baking powder
Salt
½ tsp cardamom
¾ cup hydrogenated vegetable fat
1 cup white sugar

1. Toast grated coconut just long enough to keep its colour.
2. Mix flour, baking powder and salt to taste. Sift 2 - 3 times.
3. Mix toasted coconut and cardamom with flour mixture.
4. In a bowl, mix hydrogenated vegetable fat with sugar to make a fine paste.
5. Add coconut mixture to paste and knead gently to make dough.
6. Flatten dough to ½ cm thickness with a roller.
7. Cut into desired shapes and arrange on greased baking tray.
8. Bake in preheated oven at 145°C for 20 minutes or until golden brown.

Makes 25 - 30 servings

Contributed by Jissy George

appetizers and snacks

India



Sesame Coconut Cookies Nalikera Cookies

2 cups grated coconut
1 cup hydrogenated vegetable fat
1½ cups powdered sugar
2 cups wheat flour
1 tsp cardamom
1 tsp sesame seeds

1. Toast grated coconut just long enough to keep its colour.
2. Mix hydrogenated vegetable fat and sugar to a fine paste. Add flour, toasted coconut and cardamom. Knead well into soft dough.
3. Make small balls. Flatten each ball and top with sesame seeds.
4. Place balls on greased baking tray and bake for 20 minutes at 165°C.

Makes 10 - 15 servings

Contributed by Jissy George

appetizers and snacks

Indonesia



Sticky Rice with Grated Coconut and Sugar Syrup **Lopis**

2 cups glutinous rice
Salt
Juice from 1 lime
1 cup coconut sugar
1 cup water
1 cup grated coconut

1. Soak glutinous rice in water, 1 tsp salt and lime juice for an hour and drain.
2. Put 2 tbsp rice on banana leaf (wilt leaf over heat to make it flexible) and wrap into triangular shape.
3. Arrange wrapped rice cakes in saucepan and add enough water to cover. Boil over low heat for 4 hours, drain and cool.
4. Dissolve coconut sugar in 1 cup water and bring to a boil. Reduce heat and simmer until syrup has thickened.
5. Mix grated coconut with a pinch of salt.
6. Sprinkle rice cake with grated coconut and drizzle with syrup before serving.

Makes 4 - 5 servings

Contributed by Indonesian Coconut Palmae Research Institute

appetizers and snacks

Indonesia



Fried Sticky Rice Cakes Betawi Pulo

2 cups glutinous rice flour
Grated meat from 3 young coconuts (10 months old)
½ tsp salt
Water
4 cups coconut oil
2 cups coconut sugar, grated
2 tbsp white sugar

1. Mix rice flour, grated coconut and salt. Add water little by little to make soft dough.
2. Divide dough into small pieces (about 2 tbsp each) and flatten each piece into oval shape.
3. Fry in coconut oil until golden brown.
4. In separate pot, mix coconut sugar, white sugar and 1 cup water. Bring to a boil and simmer until syrup has slightly thickened.
5. Put fried rice cakes into syrup. Mix well to completely coat rice cakes.

Makes 6 -10 servings

Contributed by Indonesian Coconut Palmae Research Institute

appetizers and snacks

Indonesia



Cassava with Grated Coconut Hungolo Loyo

1 kg (about 5½ cups) grated cassava
1½ cups grated coconut
Salt
½ kg palm sugar, cubed
Coconut oil

1. Squeeze grated cassava to remove excess water.
2. Mix cassava, grated coconut and salt.
3. Form mixture into small balls. Put a cube of coconut sugar inside each ball.
4. Fry in coconut oil until golden brown.

Makes 8 -10 servings

Contributed by Nun Wantu

appetizers and snacks

Indonesia



Steamed Sticky Rice with Coconut Sugar Koyabu

1 kg (about 3 cups) glutinous rice flour
Grated meat from 5 coconuts
Salt
2 cups grated coconut sugar

1. Mix glutinous rice flour, grated coconut and salt. Set aside.
2. Spoon about 2 tbsp mixture in each coconut leaf and put a small amount of grated palm sugar in the centre. Staple leaf ends to secure. Repeat process until mixture is used up.
3. Steam for 25 minutes.

Makes 20 - 25 servings

Contributed by Indonesian Coconut Palmae Research Institute

appetizers and snacks

Indonesia



Layered Sticky Rice Cake Kue Lapis Tepung Beras

4 cups coconut milk
Salt
3 pandan (screwpine) leaves
1½ cups rice flour
½ cup cornstarch
1 cup granulated sugar
Red and green food colouring

1. Boil coconut milk with salt and one pandan leaf. Cool.
2. Mix flour, cornstarch and sugar in bowl. Add coconut milk a little at a time and mix.
3. Divide batter into 3 parts. Put red colouring in one part and green in another. Leave the third part without colouring.
4. Line and grease an 18-cm tray. Pour a layer of white batter and steam for 10 minutes.
5. Pour red batter on top of white layer and steam for 10 minutes.
6. Pour green batter on top of red layer and steam for 10 minutes. The process can be repeated for several layers.
7. Slice and serve.

Makes 6 - 8 servings

Contributed by Indonesian Coconut Palmae Research Institute

appetizers and snacks

Indonesia



Coconut Cassava Cake Gethuk

1 cup water
1½ cups sugar
½ tsp vanilla
1 kg cassava, peeled
2 pandan (screwpine) leaves
Tapioca flour
1 cup grated coconut, mixed with 1 tsp salt

1. Mix water, sugar and vanilla in large pot. Bring to a boil until it is slightly thick. Set aside.
2. In another pot, steam cassava with pandan leaves until soft.
3. While cassava is still hot, mash it and combine with sugar solution.
4. Roll out cassava mixture and flatten. Cut into equal bite-size pieces. Dust each piece lightly with tapioca flour to prevent sticking.
5. Insert dough into a mill and roll dough to form long threads (this step is optional).
6. Sprinkle with grated coconut before serving.

Makes 6 - 8 servings

Contributed by Indonesian Coconut Palmar Research Institute

appetizers and snacks

Indonesia



Coconut-coated Sticky Rice Balls Onde Onde

½ kg (about 3 cups) glutinous rice flour
2 tsp pandan paste (available in supermarkets)
Salt
1 cup water
1 cup coconut sugar, sliced into small cubes
2 pandan (screwpine) leaves
2 cups grated coconut

1. Put rice flour, pandan paste and a pinch of salt in mixing bowl.
2. Pour water gradually and stir well to form smooth dough.
3. Divide dough into small pieces and form into balls.
4. Insert a piece of coconut sugar inside each ball.
5. Boil water with pandan leaves. When water boils, drop balls. Balls will float when cooked. Scoop out with perforated spoon or ladle.
6. When cool, coat balls with grated coconut.

Makes 6 - 8 servings

Contributed by Meling Mokodongan

appetizers and snacks

Indonesia



Cassava Sweet Balls Ganepo

1 kg (about 5½ cups) grated cassava
1½ cups sugar
1 tsp food colouring
3 cups grated coconut

1. Mix cassava with sugar and divide into two portions. Put food colouring in one portion.
2. Steam until well cooked.
3. Shape into small balls and coat with grated coconut.
4. Stick a clean palm midrib (toothpick can also be used) through each ball.

Makes 4 - 6 servings

Contributed by Subandi

appetizers and snacks

Indonesia



Steamed Coconut Rice Cake Kue Kuk

1 shallot, minced
1 clove garlic, minced
1 tbsp oil
500 g coconut sugar
2 cups water
Meat from 2 young coconuts (9 - 10 months old), grated
½ kg (about 3 cups) glutinous rice flour
1 cup wheat flour
Red food colouring (optional)

1. To prepare filling, fry shallot and garlic. Set aside. Boil coconut sugar in 1 cup water until sugar is dissolved. Add grated coconut and fried shallot and garlic. Continue mixing until water has evaporated. Set aside.
2. Combine rice flour with wheat flour. Add water gradually and knead into soft dough.
3. Take 1 tbsp dough and flatten with the palm. Put enough filling in centre of dough. Gather up edges to seal. Repeat process until dough is used up.
4. Put dough pieces on pandan (screwpine) leaves cut into 8 x 4 cm pieces, and steam for about 10 minutes or until colour of leaves fades.

Makes 6 - 8 servings

Contributed by Meling Mokodongan

appetizers and snacks

Indonesia



Tapioca Coconut Cake Apang

2 cups coconut milk
500 g coconut sugar
250 g (18 tbsp) margarine
1 tbsp yeast
3 eggs, beaten
1 tsp vanilla
1 kg (about 6 cups) tapioca flour
1½ cups young coconut (8 - 9 months) meat, shredded
Salt

1. Boil coconut milk and coconut sugar together. Cool.
2. Add margarine, yeast, eggs and vanilla and stir well. Add tapioca flour and mix. Let stand in a warm place for 1 hour.
3. Heat apang (a local pan similar to cupcake pan but with a smooth bottom) and grease with oil.
4. Mix coconut meat to the batter. Pour batter into mould. When cake is half-cooked, turn it over.
5. Insert a toothpick into cake. Cake is done if toothpick comes out clean.

Makes 8 - 10 servings

Contributed by Indonesian Coconut Palmar Research Institute

appetizers and snacks

Malaysia



Coconut Cake Kek Kelapa

3 cups self-rising flour
1½ cups sugar
1½ cups grated coconut
8 tbsp butter
3 eggs, lightly beaten
½ tsp vanilla

1. Mix flour, sugar and grated coconut in mixing bowl. Set aside.
2. Melt butter over low heat. Cool for 5 minutes.
3. Add eggs to melted butter. Add vanilla. Beat well.
4. Add flour mixture to egg-butter mixture. Mix well.
5. Pour mixture into lightly greased baking pan.
6. Bake in preheated oven at 175°C for 25 - 30 minutes.
7. Cool before removing from baking pan.

Makes 6 - 8 servings

Contributed by Hellen Peter

appetizers and snacks

Malaysia



Sticky Rice and Banana Pulut Dansing

1½ cups glutinous rice, soaked overnight
1 cup coconut milk
10 plantain bananas
1½ cup coconut sugar, ground
½ cup water

1. Steam glutinous rice until cooked.
2. Add coconut milk. Mix well.
3. Put 1 - 2 spoons cooked rice on banana leaf (wilt leaf with heat to make it flexible).
Add a slice of banana and top with 1 - 2 more spoons rice. Wrap securely.
4. Arrange in pan and steam for 10 - 15 minutes.
5. To prepare coconut syrup, dissolve coconut sugar in water over medium heat.
6. Unwrap banana leaf and drizzle the sticky rice with coconut sugar syrup.

Makes 10 servings

Contributed by Rosnah Asmat

appetizers and snacks

Malaysia



Coconut Layer Cake **Kek Kelapa Parut**

1 cup sugar
1 cup margarine
10 eggs
1 tsp vanilla
½ cup milk
2 cups self-rising flour
1 cup desiccated coconut
Yellow and green food colouring

1. Cream sugar and margarine until light and fluffy.
2. Add eggs gradually and beat well.
3. Stir in vanilla and milk.
4. Add flour, mix well and divide mixture into 2 portions.
5. Mix yellow colouring and desiccated coconut in one portion.
6. Mix green colouring in remaining mixture.
7. Preheat oven at 175°C and bake layer by layer in alternate colour. Bake each of the first 3 layers for 15 minutes, and the last layer for 10 minutes.

Makes 8 servings

Contributed by Yuli Sasmit Bte. Amir

appetizers and snacks

Malaysia



Sticky Rice with Tender Coconut Kombos

½ kg (about 2½ cups) glutinous rice
Water from 2 young coconuts
3 pandan (screwpine) leaves
Meat from 2 young coconuts, scraped and sliced in small pieces
Sugar

1. Wash glutinous rice and drain.
2. Boil coconut water. Add rice and pandan leaves.
3. Put rice in bowl and top with coconut meat and sugar to taste.
4. Serve hot or cold.

Makes 4 - 5 servings

Contributed by Siti Azizah

appetizers and snacks

Malaysia



Grated Coconut and Cassava Tinapong

1 cup thick coconut milk and 2 cups thin coconut milk from 2 coconuts
3 cassava, peeled and grated
 $\frac{1}{3}$ cup rice, finely pounded
 $\frac{1}{3}$ cup sugar
Juice extracted from 2-cm fresh turmeric

1. Mix all ingredients except thin coconut milk.
2. Put 2 - 3 tbsp mixture on a banana leaf piece (wilt leaves with heat to make them flexible).
3. Fold over and tie with string.
4. Arrange in pot and pour thin coconut milk.
5. Cook for 1 hour on low to moderate heat or until fully cooked.

Makes 6 servings

Contributed by Maryline Daring

appetizers and snacks

Malaysia



Rice Flour Cup Cakes Kuih Lompang

1½ cups rice flour
2½ cups coconut milk
1½ tbsp coconut sugar
2 tbsp sugar
Salt to taste
½ tbsp kapur (calcium sulphate), dissolved in 1 cup water and filtered

1. Mix rice flour, coconut milk, coconut sugar, sugar and salt. Still well.
2. Add kapur solution.
3. Boil water in steamer. Heat cup cake moulds in steamer.
4. Pour mixture into moulds and steam for 15 minutes.
5. Cool before removing cake from moulds.

Makes 3 - 4 servings

Contributed by Siti Norshiela Abdullah

appetizers and snacks

Malaysia



Coconut Rice Flour Cake Kuih Rangin

1½ cups glutinous flour
1½ cups grated coconut meat
1 tsp vanilla
½ cup sugar

1. Mix flour with grated coconut and vanilla.
2. Grease baking pan. Pour half of mixture into baking pan. Spread evenly.
3. Sprinkle sugar on mixture and pour remaining mixture on top.
4. Bake in oven at 150°C for 30 minutes, and then steam for 10 minutes.

Makes 3 - 4 servings

Contributed by Dayang Suhana Hussien

appetizers and snacks

Malaysia



Coconut-layered Mini Cakes Sri Ayu

3 eggs
1 cup sugar
1 tsp ovellette (a cake emulsifier)
1 tsp baking powder
3 tbsp evaporated milk
1 cup flour
Green food colouring
1 cup grated coconut
2 tbsp maize flour
Salt

1. Combine eggs, sugar, ovellette, baking powder and evaporated milk in bowl. Beat until light and fluffy.
2. Add flour and colouring. Mix well. Set aside.
3. Mix grated coconut, maize flour and salt to taste.
4. Grease muffin moulds. Fill half of each mould with coconut mixture and press down lightly. Top with egg-flour mixture. Steam for 10 minutes.
5. Remove from steamer and cool.

Makes 4 - 6 servings

Contributed by Rosnah Asmat

appetizers and snacks

Malaysia



Steamed Coconut Dumplings Koci

Grated meat from 1 coconut
½ cup coconut sugar (gula melaka)
1 tbsp oil
Pandan extract
½ kg (about 3 cups) glutinous rice flour, sifted
1 tsp salt
1 cup water
Salt

1. Mix grated coconut and coconut sugar.
2. To prepare the filling, heat oil in pan and fry coconut-sugar mixture over low heat until cooked. Cool.
3. Blend 2 pandan (screwpine) leaves with water and bring to a boil. Set this extract aside.
4. Mix rice flour and salt in bowl. Add hot pandan extract. Knead into smooth dough.
5. Divide dough equally into 25 pieces. Flatten each to about 5 cm length. Put filling at the centre and fold edges to seal.
6. Wrap in 10-cm² banana leaf (wilt over flame, wipe dry and brush lightly with oil). Tuck ends neatly.
7. Steam for about 15 minutes.

Makes 12 - 15 servings

Contributed by Fatimah Bte. Dola Alim

appetizers and snacks

Malaysia



Taro in Coconut Milk **Bubur Ubi Keladi**

1 kg taro, peeled and cut into 3-cm cubes (about 6 cups)
4 cups water
4 pandan (screwpine) leaves
1½ cups coconut milk
1 cup sugar
Salt

1. Boil taro in water with pandan leaves for 10-15 minutes or until taro becomes soft.
2. Pour coconut milk, sugar and salt to taste.
3. Bring to a boil, remove pandan leaves and serve.

Makes 6 servings

Contributed by Seriam Sapun

appetizers and snacks

Malaysia



Rice with Tender Coconut Hinobok

3 cups rice at soft dough stage
2 cups water
2 young coconuts, water separated and meat scraped
Sugar

1. Toast rice over medium heat until light brown and a savoury aroma is released.
2. Pound rice to remove hull. Discard hull.
3. Put rice in bowl.
4. Boil water and pour over rice. Cover. Let stand for 5 minutes.
5. Add coconut water and coconut meat.
6. Add sugar to taste and stir well.
7. Serve hot or cold.

Makes 4 servings

Contributed by Margarette Sikuit

appetizers and snacks

Malaysia



Sticky Rice in Coconut Leaf Baskets **Ketupat Pulut**

1 kg (5¼ cups) glutinous rice
½ kg (about 2½ cups) non-glutinous rice
Salt
1 tsp pandan (screwpine) extract
4 cups thick coconut milk
5 cups thin coconut milk

1. Mix glutinous and non-glutinous rice, then wash and drain.
2. Add salt, pandan extract and thick coconut milk. Soak for one hour. Drain.
3. Weave coconut leaves into dumpling baskets.
4. Fill coconut leaf baskets with ingredients to ¾ full.
5. Boil in thin coconut milk for one hour until well cooked.

Makes 10 - 12 servings

Contributed by Suraya Bte Marzuki

appetizers and snacks

Malaysia



Sticky Rice in Banana Leaves Lemang

6 cups glutinous rice
5 cups coconut milk
Salt

1. Wash and drain glutinous rice.
2. Boil in coconut milk. Add salt to taste.
3. Remove from heat when half-cooked.
4. Spoon 3 - 4 tbsp rice on banana leaf. Wrap securely.
5. Repeat step 4 until rice is used up.
6. Steam for 3 hours.

Makes 12 servings

Contributed by Jaimah Jair

appetizers and snacks

Malaysia



Coconut Pancakes **Penjaram Santan**

½ kg (about 3½ cups) rice flour
½ kg (about 3¾ cups) wheat flour
½ kg (about 2½ cups) sugar
4 cups coconut milk
10 pandan (screwpine) leaves, shredded and pounded to extract the juice
Salt to taste
Oil

1. Mix rice and wheat flour, sugar, coconut milk, pandan extract and salt to taste. Set aside for two hours.
2. Heat oil in pan.
3. Spoon 2 - 3 tbsp of mixture and fry in hot oil until pancake turns golden brown.
4. Remove from pan and drain off oil.
5. Repeat steps 3 and 4 until mixture is used up.

Makes 6 - 8 servings

Contributed by Suraya Marzuki, Zubaidah Jair, Suhana Hj. Ajir and Aidil Kadir Jair

appetizers and snacks

Malaysia



Sweet Coconut Ball Satay **Sate Sate**

2 cups glutinous rice flour
Water
Extract from 3 pandan (screwpine) leaves
2 cups grated coconut
1 cup ground coconut sugar (gula melaka)

1. Mix glutinous rice flour with enough water to make soft dough.
2. Add pandan extract and knead well.
3. Shape dough into marble-size balls. Set aside.
4. Boil water in pot.
5. Drop balls into boiling water.
6. Remove balls when they float. Drain.
7. Mix grated coconut with coconut sugar.
8. Skewer 5 balls on one coconut midrib.
9. Sprinkle grated coconut and serve.

Makes 6 - 8 servings

Contributed by Juriah Birah

appetizers and snacks

Malaysia



Steamed Fluffy Cake Kek Apam

Grated meat from 1 coconut
5 eggs
1 cup sugar
1 cup flour
1 tsp baking powder
3 tbsp ground peanuts
½ tsp vanilla

1. Toast grated coconut until it turns light yellow.
2. In a bowl, beat eggs and sugar until light and fluffy.
3. Mix flour and baking powder, then add ground peanuts, grated coconut and vanilla.
Mix well.
4. Pour mixture into greased baking pan. Spread evenly.
5. Steam for 30 minutes.

Makes 5 - 6 servings

Contributed by Mellisa Bt. Denuary

appetizers and snacks

Philippines



Sticky Rice Wrapped in Coconut Leaves **Suman Sa Ibos**

Milk extracted from 2 coconuts

1 tsp salt

1 kg (about 5½ cups) glutinous rice, washed

Young coconut leaves made into cylinder-shaped wraps (ibos)

Sugar

1. Add salt to coconut milk and bring to a boil. Stir constantly.
2. Pour to glutinous rice and mix thoroughly. Put into ibos wraps. Secure each wrap with a leaf midrib 2 cm long.
3. Pack in heavy pot, making sure that they will not move around when water boils. Add enough water to cover the surface.
4. Cook in low heat for 4 - 5 hours.
5. Unwrap the ibos when ready to serve. Sprinkle with sugar. Serve with hot chocolate or ripe mango.

Makes 10 - 15 servings

Contributed by Venancia Reaño

appetizers and snacks

Philippines



Coco Meat Patties Buko Burger

100 g (1/2 cup) ground pork
Meat from 1 young coconut, chopped
2 cloves garlic, minced
1 onion, chopped
4 celery stalks, chopped
1 carrot, chopped
1 bell pepper, chopped
1 tsp soy sauce
1/8 tsp black pepper, ground
1/2 tsp salt
1 egg
3 tbsp all-purpose flour
Oil for deep-frying

Sauce
1 cup young coconut water
1 1/2 tsp vinegar
1 1/2 tsp soy sauce
1/8 tsp black pepper
1 1/2 tsp sugar
1 bell pepper, cut into strips
3 tsp cornstarch (dissolved in 1/4 cup water)
Meat from 1 young coconut, shredded
1 cup pineapple chunks

1. Mix pork, young coconut meat, garlic, onion, celery, carrot and bell pepper.
2. Add soy sauce, ground pepper, salt, egg and flour. Mix thoroughly.
3. Spoon 1 1/2 tbsp mixture to form a patty. Deep-fry until golden brown. Set aside.
4. To prepare sauce, combine coconut water, vinegar, soy sauce, black pepper, sugar, bell pepper and cornstarch in a saucepan. Simmer for 3 minutes, with occasional stirring. Add young coconut meat and pineapple chunks.

Makes 4 - 5 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Raisin Coconut Cookies Raisin Sapal Cookies

1 cup all-purpose flour
2 tsp baking powder
 $\frac{1}{2}$ tsp fine salt
125 g (about $\frac{1}{2}$ cup) softened butter
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup evaporated milk
1 tsp vanilla
1 cup toasted coconut bagasse (grated coconut from which milk was extracted)
 $\frac{1}{2}$ cup raisins

1. Sift flour, baking powder and salt together. Set aside.
2. In separate bowl, cream butter and sugar. Add eggs and mix until smooth.
3. Add half of flour mixture. Mix well.
4. Add milk and vanilla. Continue mixing. Add remaining flour mixture, coconut bagasse and raisins.
5. Drop heaping teaspoonfuls onto greased cookie sheets. Press with fork to flatten.
6. Bake in preheated oven at 180°C for about 15 minutes or until done.

Makes 4 - 5 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Cassava Pudding Budin

3 cups white sugar
2¼ cups grated cassava
2 cups young coconut meat, scraped
1 cup margarine
1 tbsp vanilla
3 eggs
½ cup molasses
2 cups thick coconut milk

1. Mix the first 6 ingredients.
2. Pour into buttered dish.
3. Bake in oven at 180°C for an hour.
4. Cook molasses and coconut milk over low heat until it thickens into syrup.
5. Spread syrup over pudding.

Makes 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Chocolate and Coconut Milk Porridge Champorado

½ kg (about 2½ cups) glutinous rice
5 ¾ cups water
2 cups brown sugar
1 cup cocoa powder
2 cups thick coconut milk

1. Boil glutinous rice in water until grains are soft and plump.
2. Add sugar and cocoa. Keep stirring.
3. Pour coconut milk just before serving.

Makes 3 - 4 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Coco Squash Jam Kalabasa Jam

1 medium-size squash
1½ cups coconut milk
1 cup sugar
1 tsp lemon extract
2 tsp chopped peanuts

1. Peel and boil squash. Drain and mash.
2. Add sugar to coconut milk and cook until sugar is dissolved.
3. Add mashed squash and lemon extract, and continue cooking until mixture becomes very thick.
4. Place on platter and sprinkle with chopped peanuts.
5. Serve with any kind of bread.

Makes 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Sweet Coconut Dumpling Coco Pao

2 cups grated young coconut meat
1½ cups brown sugar
1½ cups water
½ kg (about 5 cups) flour
½ tsp yeast
1 pinch salt

1. To prepare filling, mix grated coconut, 1 cup brown sugar and ½ cup water.
2. Cook until liquid has evaporated. Set aside.
3. In separate bowl, mix flour with remaining brown sugar, yeast, salt and remaining water. Knead and divide into 12 pieces.
4. Fill each piece with coconut filling.
5. Steam for 25 - 30 minutes.

Makes 6 servings

Contributed by Nanilita Bacubac

appetizers and snacks

Philippines



Coconut Torte Torta De Coco

8 cups all-purpose flour
1 tbsp baking powder
1 ½ cups brown sugar
2 tbsp yeast
4 cups coconut milk
5 tbsp margarine
¼ cup white sugar

1. Thoroughly mix all ingredients except margarine and white sugar.
2. Put dough in leaf moulds and leave for 15 minutes.
3. Bake dough using improvised oven (with heat above and below the dough).
4. When done, remove from mould and cool. Spread margarine and sprinkle white sugar on top.

Makes 10 - 12 servings

Contributed by Rebecca Ejan

appetizers and snacks

Philippines



Brown Sticky Rice Biko

1½ cups glutinous rice
1½ cups water
½ tsp salt
5 pandan (screwpine) leaves
2 cups thick coconut milk
1½ cups brown sugar

1. Add water and salt to glutinous rice in pan lined with pandan leaves and cook as ordinary rice. Set aside.
2. In separate pan, mix coconut milk and brown sugar. Stir constantly. Simmer until slightly thick.
3. Add cooked glutinous rice. Stir continuously and cook until most of the liquid has evaporated.
4. Spread on flat tray lined with banana leaves.
5. Cool and cut into desired shape.

Makes 10 - 12 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Rice Cake Coated with Grated Coconut Palitaw

1 kg (about 5 cups) glutinous rice, soaked in water for 3 - 4 hours
2 cups grated coconut
1 cup sugar
1 tbsp toasted sesame seeds

1. Grind soaked rice finely to a very thick paste. Let stand to drain off excess water.
2. Mould rice paste into small balls (about 3 cm in diameter) and flatten into oblong shape.
3. Drop one by one in boiling water. Scoop rice cakes out when they float.
4. Roll in grated coconut. Dust with sugar mixed with toasted sesame seeds.

Makes 6 - 8 servings

Contributed by Renato Reaño

appetizers and snacks

Philippines



Cassava Cake with Coconut Pichi Pichi

3 cups grated cassava

1 cup sugar

Milk extracted from 1 coconut and 2 cups lukewarm water

1 cup freshly grated coconut

1. Mix grated cassava and sugar.
2. Boil coconut milk and stir in grated cassava-sugar mixture. This will rapidly thicken mixture.
3. Pour into flat pan and place in double boiler.
4. Steam for about 15 minutes.
5. Cool completely for easier cutting.
6. Serve with freshly grated coconut.

Makes 4 - 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Coconut Vegetarian Spring Rolls Coco Lumpia Shanghai

2 cups coconut bagasse (sapal or coconut meat residue from which milk has been extracted)
1 pc carrot, chopped
1 onion, chopped
1 egg, slightly beaten
1 tbsp soy sauce
1 tsp ground black pepper
½ tsp salt
Spring roll wrappers
Oil for frying

1. Mix all ingredients except oil and wrapper.
2. Put 2 tbsp mixture in centre of each wrapper and form a roll.
3. Heat oil and deep-fry spring rolls until wrapper is golden brown and crispy. Drain on paper towel to remove excess oil.
4. Serve while hot.

Makes 4 - 6 servings

Contributed by Evelyn T. Caro

appetizers and snacks

Philippines



Powdered Coconut Candies Coco Polvoron

3½ cups all-purpose flour
1½ cups coconut flour
5 cups milk powder
4 cups coconut sugar
1½ cups coconut oil
1 cup margarine

1. Mix all-purpose flour and coconut flour. Sift mixture.
2. Heat pan and toast flour on low heat for 15 minutes. Combine with milk powder and coconut sugar. Set aside.
3. Heat another pan. Melt coconut oil and shortening;
4. Mix toasted flour. Cook for another 20 minutes while stirring constantly.
5. Remove mixture from pan and cool. Mix thoroughly.
6. Press candy mould in the mound of mixture to attain a firm shape.
7. Place moulded mixture in pre-cut cellophane.
8. Wrap each candy firmly with cellophane wrapper, taking care not to break candy.

Makes 15 - 20 servings

Contributed by Evelyn T. Caro

appetizers and snacks

Philippines



Baked Rice Flour Pudding Bibingka

2 kg (9½ cups) rice

Water

1 ¾ kg (about 8¾ cups) brown sugar

1 cup coconut toddy (fermented sap from the inflorescence)

¼ tsp yeast

Grated meat from 3 mature (1 year) and 3 partially mature (9 - 10 months) coconuts

1. Soak rice in water for 30 minutes. Grind and set aside.
2. Mix 5 tbsp brown sugar, 1 cup toddy and yeast. Stir until sugar and yeast are completely dissolved.
3. Add yeast mixture to ground rice. Mix thoroughly and set aside for 3 hours undisturbed until mixture rises.
4. Extract thick coconut milk (first extraction) from grated meat. Set aside ½ cup and 2 tbsp brown sugar for topping.
5. Add water to grated coconut meat and extract a total of 9 cups thin milk (second extraction).
6. Combine thin coconut milk, remaining brown sugar and rice mixture. Mix thoroughly and set aside for 1 hour.
7. Place mixture in baking tins lined with heated green banana leaves.
8. Bake in charcoal oven for 1 hour. To test if cooked, insert a clean toothpick at the centre of pudding

Contributed by Nida P. Tulang and Celso R. Quiao

appetizers and snacks

Philippines



Boiled Cassava with Coconut Milk Ginataang Balanghoy

½ kg cassava, washed and cut into 6-cm pieces

Water

2 cups thick coconut milk

½ kg (about 2½ cups) brown sugar

1. Place in pot and add enough water to cover.
2. Cook for one hour in medium heat.
3. Add coconut milk and brown sugar.
4. Cook for another 5 minutes

Contributed by Tomas Pantollano

appetizers and snacks

Philippines



Coconut Crepe Rolls Daral

Filling

½ kg (about 6 cups) shredded young coconut
½ cup durian pulp (other fruits may be used)
½ kg (about 2½ cups) brown sugar
1½ cups water
½ tbsp vanilla

Wrapper

½ kg (about 5 cups) flour
½ tbsp baking powder
1 egg, slightly beaten
½ tbsp vanilla
4 cups water
Oil or melted margarine

1. To make filling, mix shredded coconut, durian pulp and brown sugar with water.
2. Simmer for 15 minute. Add vanilla and set aside.
3. To make wrapper, mix flour and baking powder in bowl.
4. Add egg, vanilla and water. Blend well.
5. Spread 1 tbsp margarine or oil on non-stick pan. Pour ⅓ cup of wrapper mixture into pan and spread thinly.
6. Put 1½ tbsp of filling into each wrapper and then roll.

Makes 12 - 15 servings

Contributed by Kim Sana Chua

appetizers and snacks

Philippines



Brownies with Coconut Frosting Coco Brownies

½ cup all-purpose flour	Frosting
½ tsp baking soda	1 cup desiccated coconut
½ tsp salt	½ cup coco jam
⅓ cup coco jam (caramel made from coconut milk and muscovado sugar)	⅓ cup butter or margarine, melted
¼ cup butter or margarine	⅓ cup evaporated milk
1 tbsp water	
2 bars semi-sweet chocolate, cut into pieces	
1 egg, slightly beaten	
1 tsp vanilla extract	

1. Preheat oven to 175°C. Grease 8 x 8 inch baking pan.
2. Combine flour, baking soda and salt. Set aside.
3. Boil coco jam, butter and water in large saucepan. Stir constantly. Remove from heat.
4. Add chocolate bars and stir until chocolate melts.
5. Stir in egg, vanilla and flour mixture.
6. Pour evenly into greased baking pan and bake for 16 - 20 minutes. Test for doneness by inserting a toothpick in centre. Brownie is done if toothpick comes out clean. Cool.
7. To prepare frosting, mix desiccated coconut, coco jam, butter and evaporated milk in medium bowl. Cook for 3 - 4 minutes or until thick.
8. Spread over cooled brownie. Cut brownie into squares.

Makes 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

appetizers and snacks

Philippines



Mashed Banana with Coconut Linosak Na Saging

15 unripe plantain bananas
Grated meat from 2 young coconuts
 $\frac{1}{2}$ kg (about $2\frac{1}{2}$ cups) brown sugar

1. Boil bananas until fully cooked.
2. Peel bananas and discard peelings. Mash bananas.
3. Add grated young coconut and sugar and mix well.
4. Place in moulders and serve.

Makes 10 servings

Contributed by Perly Rio

appetizers and snacks

Philippines



Sweet Rice Sinukmani

2½ kg (13½ cups) glutinous rice
10 cups white sugar
Milk from 4 large coconuts
2 tbsp latik (fried milk solids which form when coconut milk is boiled to produce oil)

1. Rinse rice thoroughly and cook by steaming. Set aside.
2. Dissolve sugar in coconut milk and bring to a boil. Stir constantly.
3. Add cooked rice to coconut milk, mixing thoroughly over low heat until desired consistency is obtained.
4. Remove from heat and transfer to pan lined with greased banana leaves or wax paper.
5. Top with latik.

Makes 25 - 30 servings

Contributed by Venancia Reaño

appetizers and snacks

Philippines



Coconut Pie Buko Pie

Meat from 2 buko (young coconut, 10 months old), cut into squares
1 cup evaporated milk
1 cup white sugar
¼ cup melted butter
½ cup grated cheese
½ cup cornstarch, dissolved in 1 cup water
2 cups all-purpose flour
⅔ cup margarine
½ cup water with 1 tsp sugar

1. To prepare filling, boil buko meat with milk, sugar, butter and cheese for at least 30 minutes. Pour in cornstarch and simmer for 5 more minutes. Cool.
2. To prepare crust, mix flour, margarine and water in bowl. Knead into dough and then refrigerate for 20 minutes.
3. Roll dough on flat surface. Arrange a thin layer of dough in a pie plate. Put in filling and cover it with another layer of dough. Perforate crust with fork and cut excess edges.
4. Bake for at least 1 hour at 175°C.

Makes 8 servings

Contributed by Evalyn P. Linato

appetizers and snacks

Sri Lanka



Deep-fried Pastry Kokis

800 g (about 5¼ cups) rice flour, sifted
5 - 6 tbsp salt water (or add ½ - ¾ tsp salt to 5 - 6 tbsp water)
2 eggs
Thick coconut milk from 1 coconut
Coconut oil

1. Mix rice flour with salt water.
2. Whisk eggs. Add thick coconut milk, mix and add to flour to form a batter. Batter should be light; adjust with additional water if necessary.
3. Heat oil in deep-frying pan.
4. Dip mould in hot oil to heat it up and then dip into flour batter.
5. Dip mould containing mixture into hot oil.
6. When half done, shake the pastry off the mould. Repeat the process with remaining batter.
7. Serve immediately or store in airtight container.

Makes 15 - 20 servings

Contributed by S. H. Sumith Senarathne

appetizers and snacks

Sri Lanka



Rice Cake Cooked in Bamboo Mould Pittu

250 g (about 1½ cups) toasted rice flour
3 tbsp salt water or salt to taste
1 cup hot water
1 cup grated coconut
½ cup coconut milk
Coconut sugar

1. Mix rice flour and salt water in bowl.
2. Pour 4 tsp hot water and mix until mixture resembles bread crumbs. Add grated coconut.
3. Boil ¾ cup water in a small-mouthed pot that could accommodate the bamboo mould.
4. Rinse bamboo mould in cold water and place a small piece of cloth at the bottom. Make sure steam will escape only through mould.
5. Fill mould with mixture and steam.
6. When steam starts to escape through mould, pour 1½ tsp coconut milk and place cover on top of mould. Steam further for 15 minutes.
7. When adequately steamed, press top slightly with the back of a spoon. Remove from mould with a small pole, onto a flat dish.
8. Pour remaining coconut milk on warm cakes.
9. Cut according to desired size. Serve with curry or coconut sugar.

Makes 2 - 4 servings

Contributed by S. H. Sumith Senarathne

appetizers and snacks

Sri Lanka



Coconut Cake Bibikkan

250 g (about 1 cup) butter
1½ cups sugar
5 eggs (yolk separated from white)
1 cup flour
½ cup cashew nuts, chopped
½ cup cherries
½ cup raisins
1 tsp baking powder
1½ cups coconut meat, scraped
1½ tsp vanilla
Grated zest from 1 lime
3 cardamom seeds, powdered

1. Cream butter and sugar. Add egg yolks one at a time and mix thoroughly. Set aside.
2. Dust ¼ cup flour on cashew nuts, cherries and raisins. Set aside.
3. Sift remaining flour and baking powder. Combine with butter-and-egg mixture.
4. In separate bowl, whisk egg whites until frothy, and then slowly fold into flour mixture. Add coconut meat, cashew nuts, cherries and raisins.
5. Add vanilla, grated lime zest and cardamom. Mix well.
6. Bake at 150°C for 20 - 30 minutes.

Makes 10 servings

Contributed by S. H. Sumith Senarathne

appetizers and snacks

Tanzania



Rice Flour Bread **Mkate Wa Kumimina**

1 kg (about 4 $\frac{3}{4}$ cups) white rice, washed and sun-dried for 30 minutes
1 tsp cardamom powder
 $\frac{1}{2}$ kg (about 2 $\frac{1}{2}$ cups) sugar
1 tsp baking powder
3 cups coconut milk
1 tbsp oil

1. Blend rice with cardamom powder.
2. Add sugar and baking powder, and mix all.
3. Add coconut milk and stir thoroughly. Let stand for 30 minutes.
4. Pour mixture into greased baking pan while stirring.
5. Bake in oven at 100°C for 1 hour.
6. Serve with tea, coffee or milk.

Makes 7 - 8 servings

Contributed by P. Joyce and V. Kiwia

appetizers and snacks

Tanzania



Coconut Pastries Maandazi

1 kg (about 7.5 cups) wheat flour
1 cup sugar
1 tsp baking powder
1 tsp yeast
4 cups coconut milk
Oil for deep frying

1. Mix wheat flour, sugar, baking powder, yeast and coconut milk. Knead into dough. Let stand for 1 hour.
2. Roll the dough and cut into small pieces.
3. Heat oil in pan and fry dough pieces until golden brown.
4. Serve with tea, milk or coffee.

Makes 8 -10 servings

Contributed by V. Kiwia, P. Joyce and V. Chokala

appetizers and snacks

Tanzania



Boiled Cassava in Coconut Milk Futari

1 kg (about 6 cups) cassava, peeled, washed and cubed
2 cups water
1 tsp salt
2 cups coconut milk

1. Boil cassava in water with salt.
2. Add coconut milk and continue boiling until soft. Serve warm.

Makes 3 - 4 servings

Contributed by Salama Shomari

appetizers and snacks

Tanzania



Cocoyam Magimbi

1 kg (about 6 cups) yam, peeled and washed and cut into small pieces
1 onion, chopped
¼ cup oil
3 cups coconut milk
1 tsp salt

1. Fry yam and onion. Cook for 20 minutes.
2. Add coconut milk and continue cooking for 5 - 10 minutes. Serve warm.

Makes 8 servings

Contributed by Violet Kiwia and Joyce Paul

appetizers and snacks

Tanzania



Fried Fresh Cassava **Muhogo Wa Kukaanga**

1 kg fresh cassava, peeled
2 cups coconut oil
Salt (optional)

1. Wash cassava and pat dry. Cut into 6-cm pieces and then into halves lengthwise.
2. Fry in coconut oil until brown or well cooked.
3. Sprinkle with salt if desired.

Makes 4 servings

Contributed by Maimuna Maarifa

appetizers and snacks

Thailand



Taro Coconut Custard Khanom Mo Kaeng Pheuak

1¼ cups coconut milk
1 tbsp all-purpose flour
1¼ cups coconut sugar
1½ cups boiled taro, mashed
5 eggs, slightly beaten
½ tsp salt
1 tbsp thinly sliced shallot, fried

1. Mix coconut milk, flour and sugar in bowl. Set aside.
2. Mix taro, eggs and salt in separate bowl. Beat until smooth.
3. Combine coconut milk mixture and taro mixture and cook over medium heat for 5 minutes.
4. Put in baking dish and bake at 180°C for 35 minutes or until golden brown.
5. Garnish with fired shallots.

Makes 6 - 8 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Young Coconut Custard Sang-ka Yha Maphrao Oon

8 young coconuts
3 tbsp tapioca starch
3 cups thick coconut milk
½ cup coconut sugar
8 eggs

1. Trim off coconut husks, cut off tops and discard water.
2. Dissolve starch in coconut milk. Bring to a boil over medium heat. Stir in coconut sugar. Remove from heat.
3. Beat eggs and add to mixture.
4. Spoon into young coconuts. Steam for 30 minutes.
5. Cool and serve.

Makes 8 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Coconut Crisps Thong Moun

1 kg (about 5.5 cups) tapioca flour
4 cups freshly extracted coconut milk
3 cups coconut sugar
2 eggs, beaten
100 g sesame seeds

1. Combine tapioca flour and coconut milk. Add sugar and eggs. Mix well.
2. Spoon mixture into sandwich moulds and sprinkle sesame seeds on top. Bake until colour changes to golden brown.
3. Remove from heat and roll or fold into cylinder shape.

Makes 12 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Rice Crispies with Spicy Coconut Cream Sauce Kao Tang Na Tang

1 cup thick coconut milk
1 cup roasted peanuts
100 g (½ cup) ground pork
100 g (½ cup) chopped shrimp
2 tbsp chopped shallot
½ tsp coconut sugar
½ tsp salt
2 red chilli peppers, cut lengthwise
2 tbsp chopped coriander leaves

1. Boil ¾ cup thick coconut milk over medium heat.
2. Add peanuts, pork, shrimp and shallot. Stir.
3. Add sugar and salt. Remove from heat.
4. Top with remaining thick coconut milk, chilli peppers and coriander leaves.
5. Serve as dip for rice crispies.

Makes 3 - 4 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Sticky Rice Balls with Shredded Coconut Khanom Ko

½ kg (about 3 cups) glutinous rice flour
⅓ cup water
200 g coconut sugar, cut into cubes
2 cups shredded coconut
1 tsp salt

1. Mix flour with water a little at a time. Knead to soft dough. Set aside for 5 minutes.
2. Arrange coconut sugar cubes on dough. Roll dough and cut into small pieces. Form each piece into a ball about 1 cm in diameter.
3. Drop balls in boiling water. Remove from water when they float.
4. Mix salt and shredded coconut. Roll balls in this mixture.

Makes 5 - 6 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Sticky Rice with Coconut Custard Khao Niao Sang Ka Ya

1 kg (about 4.5 cups) glutinous rice
4 cups thin coconut milk
2 cups white sugar
1 tsp salt
2 - 3 pandan leaves
5 duck eggs
500 g coconut sugar
3 cups thick coconut milk

1. Soak glutinous rice in water for 3 hours. Drain.
2. Mix thin coconut milk, white sugar and salt. Pour on glutinous rice. Mix well.
3. Add pandan leaves and cover. Cook over moderate heat until done. Set aside.
4. To prepare coconut custard, cream duck eggs and coconut sugar until smooth. Add thick coconut milk and mix well.
5. Pour mixture through a cheesecloth. Steam for 20 - 25 minutes. Remove from heat.
6. Spoon cooked rice and top with coconut custard.

Makes 4 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Banana Rice Cake Khao Tum Jim

1 kg (about 5 cups) glutinous rice
Water
20 ripe plantain bananas, peeled
1 cup shredded coconut
1 cup white refined sugar
1 tsp sesame seeds
1 tsp salt

1. Soak glutinous rice in water for 3 hours. Drain.
2. Spoon rice on banana leaf and put bananas on top. Wrap tightly so that banana is covered with rice.
3. Arrange wrapped cakes in pan and steam for 1 hour. Remove from heat.
4. Remove banana leaf wrapper and sprinkle shredded coconut evenly on cakes.
5. Slice and eat with a mixture of refined sugar, sesame seeds and salt.

Makes 10 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Glutinous Rice with Bananas Khao Tom Mud

2½ cups black beans

Water

1 kg (about 5 cups) glutinous rice

4 cups coconut milk

20 ripe plantain bananas, peeled and cut in half lengthwise

2 cups white sugar

2 tbsp salt

1. Soak black beans in water for 3 hours. Boil in the same water. Remove from heat and drain. Set aside.
2. Soak glutinous rice in water for 3 hours. Drain and transfer to pan.
3. Add coconut milk, sugar and salt to rice, and cook until liquid has evaporated.
4. Spoon rice on banana leaf and spread out into a flat layer.
5. Put a banana slice and black beans on top. Wrap tightly with banana leaf.
6. Arrange wrapped cakes in pan and steam for 1 hour.

Makes 20 servings

Contributed by Peyanoote Naka

appetizers and snacks

Thailand



Coconut Rice Cupcakes Khanom Krok

1 kg (about 6.5 cups) rice flour
½ kg (2.5 cups) white sugar
1 tsp salt
4 cups thin coconut milk
2 cups thick coconut milk

1. Combine rice flour, white sugar and salt. Add thin coconut milk and mix well.
2. Heat moulds on flame and lightly grease them.
3. When moulds are hot, pour 1 tbsp rice mixture into each.
4. Top each with 1 tsp thick coconut milk. Cover with lid and bake until the base is crispy.
5. Remove cupcakes from moulds and serve hot with white sugar.

Makes 10 - 12 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Sticky Rice in Bamboo Tubes Khao Laam

1 kg (about 5½ cups) glutinous rice
Water
½ cup black beans
4 cup coconut milk
2 cups sugar
2 tsp salt

1. Soak glutinous rice in water for 5 minutes. Drain and set aside.
2. Boil black beans until soft. Mix with glutinous rice. Set aside.
3. Mix coconut milk, sugar and salt.
4. Spoon glutinous rice mixture into bamboo tubes and pour enough coconut milk mixture to cover glutinous rice. Leave about ¼ part of bamboo tube unfilled.
5. Cover each tube with coconut husk (beat the husk to soften) and banana leaf. Leave tube standing vertically overnight.
6. Roast bamboo tubes over coconut charcoal in medium-low heat. Turn tubes regularly for about an hour.
7. Cut bamboo tubes open to remove baked rice.

Makes 15 - 20 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Sticky Rice in Coconut Milk Tom Lou Yound

½ kg (2.5 cups) black beans
Water
1 kg (about 5½ cups) glutinous rice
4 cups thick coconut milk
2 cups sugar
2 tbsp salt

1. Soak black beans in water for 3 hours.
2. Boil beans in the same water. Remove from heat and drain. Set aside.
3. Soak glutinous rice in water for 3 hours. Drain and transfer to pan.
4. Add coconut milk, sugar, salt and beans. Cook until liquid has evaporated.
5. Spoon mixture into one young palm leaf. Tie the end to secure the triangle-shaped wrap.
6. Steam for one hour.

Makes 20 servings

Contributed by Peyanoot Naka

appetizers and snacks

Thailand



Baked Sticky Rice Khanom Jahr

½ kg (about 3 cups) glutinous rice flour
1 kg (about 4.5 cups) coconut sugar
1½ cups shredded coconut
2 cups coconut milk

1. Mix glutinous rice flour with coconut sugar. Set aside.
2. Add shredded coconut to coconut milk and mix well. Add this to glutinous rice mixture.
3. Cut nipa palm leaf or banana leaf into pieces 30 cm long. Spoon 2 tbsp mixture into each leaf and press to make it long and thin.
4. Fold leaf to wrap mixture. Use coconut midrib to hold leaf in place.
5. Bake in low to medium heat until cooked, about ½ hour.

Makes 40 servings

Contributed by Peyanoote Naka

appetizers and snacks

Vietnam



Baked Cassava Cake Bành Khoai Mì Nõùng

3 cups grated cassava
½ cup sugar
1 cup thick coconut milk
¼ cup condensed milk

1. Squeeze grated cassava to remove water.
2. Add sugar, coconut milk and condensed milk to cassava and mix well.
3. Pour mixture into round baking pan lined with waxed paper.
4. Bake at 180°C for 30 minutes.

Makes 4 - 6 servings

Contributed by Nguyen Thi Le Thuy

appetizers and snacks

Vietnam



Green Rice Cake Banh Com

4 pandan (screwpine) leaves
2 cups water
1 kg (about 5 cups) young green rice
2 cups white sugar
Milk from ½ coconut
1 tbsp oil

1. Grind pandan leaves and extract juice with 1 cup water. Filter with a cheesecloth to obtain green solution.
2. Soak young green rice in pandan extract for 1 hour.
3. Mix sugar and remaining 1 cup water. Cook over low heat until slightly thick.
4. Add coconut milk, young green rice and oil. Stir continuously until rice is done.
5. Pack rice tightly in pan with greased banana leaves, and cut into squares.

Makes 20 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Roasted Rice-covered Banana **Chuối Nướng**

1 cup thin coconut milk
2 cups glutinous rice, soaked in water for 1 hour and drained
¼ tsp salt
6 ripe plantain bananas, peeled
Thick coconut milk
Vanilla

1. Boil thin coconut milk for 10 minutes. Add salt and glutinous rice. Cook on low heat until rice absorbs all coconut milk.
2. Cover each banana with cooked glutinous rice and wrap with banana leaf.
3. Roast on charcoal until banana leaf turns yellowish and crispy.
4. Remove burned banana leaf pieces before serving.

Makes 6 servings

Contributed by Nguyen Thi Le Thuy

appetizers and snacks

Vietnam



Vietnamese Flan Banh Gan

1 cup dark brown sugar
1 cup coconut milk
¼ tsp each of powdered cinnamon, ginger, anise, cloves
1 tsp baking soda
7 eggs, beaten

1. Mix brown sugar with coconut milk and boil for 15 minutes. Stir in spices and baking soda. Remove mixture from heat and strain. Cool.
2. Add eggs. Mix thoroughly.
3. Pour mixture through fine strainer into preheated greased pan.
4. Bake uncovered for 20 - 30 minutes at 175°C.
5. Remove from oven and cool for 15 minutes.
6. Remove from pan. Chill in refrigerator for 3 hours.
7. Serve cold.

Makes 6 - 8 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Rice Flour Rolls Bành Cuoán

¾ cup mungbean, dehulled
2 cups coconut milk
¼ tsp salt
1 cup rice flour
2 cups water
¼ cup pandan (screwpine) extract
½ cup grated meat of 1 coconut (10 months old)

1. To prepare filling, boil mungbean in 1 cup coconut milk. Add salt and cook until milk has evaporated and mungbean is soft. Set aside.
2. Mix rice flour, remaining coconut milk and water. Add pandan extract. Stir well.
3. To make steamed rice wrappers, spread a thin cloth over the mouth of a wide-mouthed earthen pot (about 30 cm in diameter) without handles. Fill pot with water and bring to a boil.
4. Pour ½ cup rice flour mixture onto cloth. Quickly spread mixture on cloth, using the back of a big spoon. Cover it for 5 minutes.
5. Remove steamed layer from cloth. Cool on flat surface.
6. Put 2 - 3 spoons filling and 1 tsp grated coconut in the middle of layer and roll into cylinder shape.
7. Serve with mixture of salt, sugar and fried sesame seeds.

Makes 4 - 6 servings

Contributed by Nguyen Thi Le Thuy

appetizers and snacks

Vietnam



Steamed Taro Cake Banh Khoai Mon Hap

1½ cups water
1½ cups sugar
1½ cups cornstarch
2 cups taro, cut into very thin slices
1 tsp vanilla
5 tbsp rice flour
1½ cups milk extracted from ½ coconut
½ tsp salt

1. Combine water, sugar and cornstarch. Mix well.
2. Add taro and vanilla. Set aside.
3. Mix rice flour, coconut milk and salt. Sieve.
4. Put taro mixture in greased mould. Steam until done (about 30 minutes).
5. Add rice mixture and continue steaming until done (about 10 minutes more).
6. Cool and cut into serving pieces.

Makes 8 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Cassava Coconut Delight Khoai Mì Queát

½ kg cassava
Salt
1 cup sugar
1 cup grated coconut
1 tsp vanilla
¼ cup peanut, roasted and ground

1. Boil cassava with a little salt.
2. Remove from pot and pound with mortar and pestle.
3. Add sugar, grated coconut and vanilla gradually. Continue pounding until evenly mixed.
4. Top with ground peanuts before serving.

Makes 4 - 5 servings

Contributed by Nguyen Thi Le Thuy

appetizers and snacks

Vietnam



Anise Sticky Rice Xoi Vi

1 kg (about 5½ cups) glutinous rice
1 kg (about 5 cups) sugar
2 cups thin and 1 cup thick coconut milk
1 tbsp star anise
Food colouring (violet)
2¼ cups sesame seeds, cleaned and toasted until golden in colour
2 cups yellow mungbean, boiled and mashed

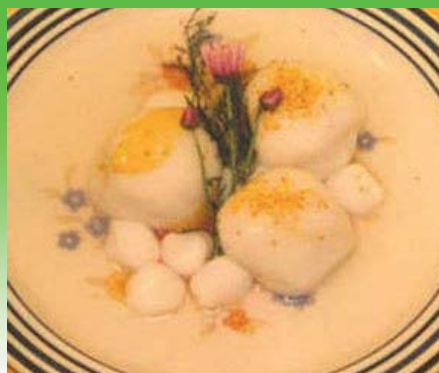
1. Cook rice until well done. Cool.
2. Boil sugar and thin coconut milk over low heat until mixture thickens.
3. Add cooked rice. Stir and cook for another 10 minutes.
4. Add thick coconut milk and star anise. Continue cooking over low heat until mixture is very sticky. Add food colouring.
5. Sprinkle toasted sesame on greased plate. Put half of cooked rice on plate. Add a layer of mungbean. Add remaining rice on top. Press rice tight and flat.
6. Sprinkle a layer of toasted sesame on top.

Makes 6 - 8 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Coconut Floating Mini-cakes **Banh Troi Nuoc**

½ kg (about 2 cups) mungbeans, soaked in warm water
3 cups thin and 2 cups thick coconut milk from 6 cups grated coconut
2-3 pandan (screwpine) leaves
50 g (3.5 tbsp) maize flour
1.2 kg (about 7 cups) rice flour
½ tsp salt
800 g (about 3 cups) sugar
8 cups water
2-cm fresh ginger, sliced thinly
50 g (3.5 tbsp) sesame seeds, toasted

1. Rub beans together to remove hull.
2. Steam and grind mungbeans. Form into small balls (about 60 pieces).
3. Boil thin coconut milk with pandan leaves.
4. Mix maize flour, rice flour, salt and 1 tsp sugar. Add to coconut milk. Stir to prevent lumps.
5. Knead resulting dough and divide into 60 balls.
6. Flatten each and put mungbean ball inside. Roll again into a ball.
7. Drop balls one by one in boiling water. Scoop out when balls float. Set aside.
8. Mix remaining sugar and water in pot. Bring to a boil and add cooked balls. Cook for about 10 minutes.
9. Add ginger.
10. Pour thick coconut milk and sprinkle with toasted sesame seeds.

Makes 20 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Sweet Black-eyed Peas with Coconut Milk Che Dau Trang Nuoc Cot Dua

1 cup black-eyed peas, soaked in water for 3 hours
7 cups water
1 tsp baking soda
1 cup glutinous rice
2½ cups sugar
1 cup thick coconut milk
¼ tsp vanilla

1. Cook peas in 4 cups water with baking soda until well done. Set aside.
2. Cook glutinous rice in remaining water for 45 minutes over low heat. Stir frequently until water has evaporated.
3. Add cooked peas. Mix well. Cook for another 20 minutes.
4. Add sugar, coconut milk and vanilla. Stir regularly. Cook for 30 minutes more.
5. Remove from heat when water mixture has thickened.
6. Serve hot or cold.

Makes 6 - 8 servings

Contributed by Oil Plant Institute of Viet Nam

appetizers and snacks

Vietnam



Sponge Cup Cakes Banh Bo Trong

1 kg (about 6.5 cups) rice flour
200 g (about $\frac{3}{4}$ cup) wheat flour
Yeast flour (mother yeast culture)
Water
600 g (about 2.5 cups) white sugar
2 cups coconut water
 $\frac{1}{2}$ cup coconut oil

1. Combine rice flour and wheat flour with yeast. Add water to make soft dough. Knead well.
2. Cover tightly and let stand for 2 - 3 hours.
3. Mix sugar and coconut water. Boil over low heat.
4. Mix with flour mixture. Stir carefully. Filter resulting liquid mixture through strainer.
5. Add coconut oil. Pour mixture into small cupcake moulds. Steam until well done.

Makes 30 servings

Contributed by Oil Plant Institute of Viet Nam



soups and salads

soups and salads

Indonesia



Corn Soup **Bintebiluhuta**

10 young maize cobs
6 cups water
Salt
1 cup grated coconut
½ cup small dried shrimps or shredded fish
5 chillies, pounded
5 shallots
4 jinten leaves (*Coleus amboinicus*), chopped
4 stalks spring onion, chopped
10 basil leaves
Juice from 1 lime
Salt

1. Scrape off kernels from maize cobs and boil in water with a little salt. Set aside.
2. Mix grated coconut, dried shrimps, pounded chillies and shallots. Set aside.
3. Add coconut mixture to maize and bring to a boil. Simmer for 10 minutes and add jinten leaves, spring onion and basil leaves.
4. When leaves are wilted, add lime juice and salt to taste. Stir and remove from heat.

Makes 15 - 20 servings

Contributed by Nun Wantu

soups and salads

Malaysia



Coconut Palm Heart Soup Sup Umbut Kelapa

12 cups water or chicken stock
2-cm fresh ginger, sliced
2 lemongrass stalks, pounded
300 g chicken meat, cut into 1-cm cubes
1 kg (about 5 cups) coconut palm heart (apical bud), cut into 1-cm cubes
1/3 cup diced carrot
1 celery stalk, diced
1¼ cups young coconut meat, cut into 1-cm cubes
1¼ cups young coconut meat, blended with 1 cup water
1 tsp sugar
3 tbsp maize flour, dissolved in ½ cup water
Salt

1. Boil water or chicken stock with ginger and lemongrass.
2. Add chicken and coconut palm heart. Boil for 3 minutes.
3. Add carrot, celery, coconut meat, blended young coconut meat and sugar. Boil for 5 minutes.
4. Stir in maize flour solution and add salt to taste.
5. Serve hot.

Makes 15 - 20 servings

Contributed by K.S. Winnie Ong

soups and salads

Malaysia



Herbal Chicken Soup in Coconut Pot Sup Ayam Herba Dalam Kelapa

1 big coconut, dehusked
400 g chicken, cut into small pieces
5 g Yuk Chuk (Chinese herb)
5 g Sa Sam (Chinese herb)
5 g Qi Zi or boxthorn fruit (Chinese herb)
½ tsp salt
2 cups boiling water

1. Saw coconut top crosswise to open. Discard coconut water. Keep meat intact. Set lid aside.
2. Put all ingredients into coconut.
3. Cover with lid and tie together with string.
4. Steam over low heat for two hours.
5. Serve hot.

Makes 3 - 4 servings

Contributed by Wong Thiam Lim

soups and salads

Thailand



Hot and Sour Soup with Coconut Milk Tom Kha Kai

- 4 cups coconut milk
- 2 tbsp sliced ginger
- 2 tbsp sliced shallot
- 1 stalk lemongrass, cut into 2-cm pieces
- 3 - 4 kaffir lime (*Citrus hystrix*) leaves
- 1½ cups chicken breast, sliced
- 1 cup sliced mushroom
- 2 tbsp fish sauce
- 2 tbsp red hot pepper, fried
- 1½ tbsp chopped hot pepper
- 2 tbsp lime juice
- ⅓ cup mint leaves

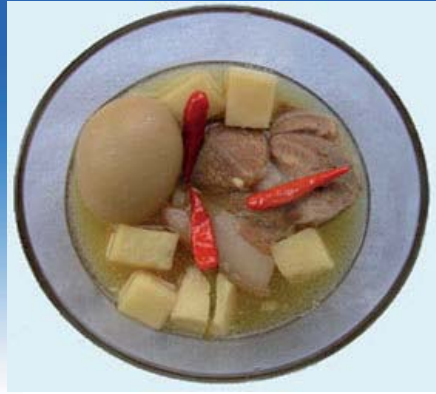
1. Put coconut milk in medium-size pot. Add ginger, shallot, lemongrass and kaffir lime leaves. Cook over medium heat for 1-2 minutes.
2. Add chicken and mushroom. Boil for 5 minutes.
3. Add fish sauce and fried hot pepper. Remove from heat.
4. Add chopped hot pepper, lime juice and mint leaves.

Makes 4 - 5 servings

Contributed by Peyanoot Naka

soups and salads

Vietnam



Salty Pork Soup

Thòt Heo Kho Tầu vôi Cuê Huê Dööa

- ¾ cup pork, cut into chunks
- ½ tbsp sugar
- ½ tsp salt
- 3 cloves garlic, peeled and ground
- 3 chillies, ground
- 6 cups coconut water
- 3 chicken eggs, boiled and shelled
- 4 tbsp fish sauce
- 2 potatoes, cut into 3-cm cubes

1. Rub pork with sugar, salt, garlic and chillies. Let stand for 30 minutes.
2. Boil coconut water over low heat for 1 hour or until it is reduced to half and colour changes.
3. Add pork, eggs and fish sauce. Continue cooking for 10 minutes.
4. Add potatoes. Cook for another 15 minutes until potatoes are soft.

Makes 4 - 5 servings

Contributed by Nguyen Thi Le Thuy

soups and salads

Bangladesh



Tender Coconut and Vegetable Salad Narkeli Salad

¼ cup red bell pepper, cubed
1½ cup cucumber, cubed
1 cup tomatoes, cubed
½ cup onion, cubed
1 cup coconut water
Juice from 1 lime
3 lettuce leaves
1 cup grated tender coconut
2 tbsp mustard or olive oil
2 tsp mint leaves, chopped
1 tsp black pepper
Salt
Cottage cheese, sliced thinly

1. Marinate cubed vegetables in coconut water with lime juice.
2. Line serving plate with lettuce leaves. Arrange marinated vegetables and grated coconut on it.
3. Heat up mustard or olive oil. Add mint leaves, black pepper and salt to taste. Cool and pour on vegetables. Top with cheese.

Makes 4 - 5 servings

Contributed by A. K. M. Amzad Hossain

soups and salads

Fiji



Coconut Salad Salad Niu

2 cups chopped lettuce
½ cup freshly grated coconut
¼ cup chopped nuts
1 cup salad dressing
2 tbsp chopped green capsicum
¼ tsp salt

Dressing
2½ cups oil
¼ cup vinegar or lemon juice
4 cloves garlic, crushed
½ tsp black pepper
Salt to taste

1. Mix all salad ingredients together.
2. To prepare dressing, put all dressing ingredients in a bottle and shake well. Use immediately, or store for later use.

Makes 4 servings

Contributed by Litia Vosanibola

soups and salads

Fiji



Taro and Tuna Salad Baseisei

20 young taro stalks, skin removed and cut into thin strips
6 cups water
1 cup fresh thin coconut milk
1 tbsp chopped spring onion
210 g (about $\frac{3}{4}$ cup) canned tuna flakes
2 red chillies, chopped
2 tbsp lemon juice
Salt

1. Put taro stalks in pot with water and bring to a boil. Cover pot and continue to boil for 10 minutes. Drain.
2. Mix coconut milk, spring onion, tuna flakes, chillies and lemon juice in a serving bowl. Add salt to taste.
3. Add taro stalks and mix lightly.
4. Serve with any type of boiled root crop, breadfruit or plantain.

Makes 4 servings

Contributed by Steven Waqatabu

soups and salads

Indonesia



Spicy Coconut Salad Urap

- 2 small onions, diced
- 4 cloves garlic, diced
- 6 large red chillies, diced
- 2-cm fresh turmeric, diced
- ½ tsp coriander seeds
- 4 kaffir lime leaves, sliced into thin strips
- 2 tbsp palm sugar, chopped
- 1½ tsp salt
- 2 cups coarsely grated coconut
- 1 cup mung bean sprouts
- 1 cup shredded white cabbage
- 10 string beans, cut into 4-cm pieces
- 10 stalks kangkong (morning glory or Convolvulus), cut into 4-cm length

1. Using mortar and pestle, pound onions, garlic, chillies, turmeric, coriander, kaffir lime leaves, palm sugar and salt.
2. Put ground ingredients in bowl and add grated coconut. Mix well.
3. Steam mixture for 30 - 40 minutes. Set aside.
4. Boil water with some salt and blanch mungbean sprouts, cabbage, string beans and water convolvulus separately. Do not overcook.
5. Drain and put in large bowl.
6. Before serving, combine coconut mixture with vegetables.

Makes 3 - 4 servings

Contributed by Indonesian Coconut Palmae Research Institute

soups and salads

Indonesia



Indonesian Salad Gado Gado

1 cup bean sprouts
2 potatoes, quartered
2 carrots, sliced in thick strips
20 string beans, cut to 5-cm length
½ sp salt
1 cucumber, sliced in diagonal pieces
2 eggs, boiled and quartered
Fried shrimp chips

Dressing
1 cup grated coconut
1 cup hot water
1 shallot, chopped
1 garlic, finely chopped
¾ cup peanut butter
¼ cup tamarind juice
1 tbsp sugar
1 tsp salt
5 chillies, finely ground

1. Blanch bean sprouts and drain.
2. Boil potato for 4 minutes. Add carrots and green beans. Add salt and continue boiling for another 5 minutes. Remove from water and drain.
3. Arrange bean sprouts, carrot, string beans, potatoes, cucumber, eggs and shrimp chips on plate.
4. To prepare dressing, blend coconut with hot water for about 30 seconds. Fry shallot and garlic for about 5 minutes. Boil blended coconut with fried shallot and garlic. Add peanut butter, tamarind juice and sugar and salt (adjust according to taste). Add chillies. Stir frequently until mixture is slightly thick. Remove from heat and set aside.
5. Pour warm dressing on salad.

Makes 3 - 4 servings

Contributed by Indonesian Coconut Palmar Research Institute

soups and salads

Malaysia



Coconut Palm Heart Pickle Jeruk Umbut Kelapa

250 g (about 1¼ cups) coconut palm heart (apical bud), sliced into 5-cm pieces
½ carrot, sliced into 5-cm pieces
1 red chilli, sliced lengthwise
½ cup vinegar
8 tbsp sugar
Salt to taste

1. Blanch coconut palm heart, carrot and chilli for about 2 minutes and drain. Cool and put in jar.
2. Mix vinegar, sugar and salt in pot. Bring to a boil. Pour into jar. Let stand for half a day before serving.

Makes 2 - 4 servings

Contributed by Au Wai Fong

soups and salads

Malaysia



Coconut Palm Heart Salad **Salad Umbut Kelapa**

450 g (about 2½ cups) coconut palm heart (apical bud), finely shredded
4 cups water
Salt
4 tbsp vinegar
4 tbsp sugar
2 carrots, grated
¾ cup mayonnaise
¼ tsp black pepper

1. Soak palm heart in water with a pinch of salt.
2. Refrigerate for an hour. Drain well.
3. Mix with vinegar, sugar and salt to taste. Let stand for 1 hour, then drain.
4. Add carrots, mayonnaise and black pepper. Toss.
5. Chill before serving.

Makes 3 - 4 servings

Contributed by Au Wai Fong

soups and salads

Malaysia



Bean Sprouts with Grated Coconut Kerabu Taugeh

1 red chilli
8 shallots
¼ cup dried shrimp
Salt and sugar to taste
Grated meat from 1 coconut
Cooking oil
2 - 3 cups bean sprouts
Juice from 1 lime

1. Pound chilli, shallots, dried shrimp, salt and sugar to taste. Set aside.
2. Toast grated coconut until light brown.
3. Add pounded ingredients and stir-fry for 2 minutes.
4. Blanch bean sprouts for 1 - 2 minutes. Transfer into cold water and drain.
5. Combine bean sprouts, coconut mixture and lime juice.
6. Mix thoroughly before serving.

Makes 4 servings

Contributed by Dg. Jauyah Hj. Majing and Marlina Hj. Aduan

soups and salads

Malaysia



Spicy Coconut Palm Heart Salad **Kerabu Umbut Kelapa**

500 g (about 2½ cups) coconut palm heart (apical bud), sliced into 4-cm strips
4 cups water
2½ tsp salt
5 shallots, sliced
2 garlic cloves, sliced
2 large red chillies, sliced
10 small red chillies, sliced
2 tbsp lime juice
1½ tbsp sugar
1 tsp shrimp paste
2 tbsp thick coconut milk
½ cup dried anchovies (ikan bilis), fried
1 cup grated coconut, toasted

1. Boil water with 2 tsp salt and blanch coconut palm heart for 5 minutes. Drain well.
2. In another bowl, mix all sliced ingredients, lime juice, sugar, shrimp paste and remaining salt.
3. Add coconut milk, anchovies and palm heart.
4. Top with toasted grated coc

Makes 10 servings

Contributed by K.S. Winnie Ong

soups and salads

Malaysia



Fern Shoots with Grated Coconut **Kerabu Pucuk Pakis**

½ kg young fern shoots (pakis)
1-cm fresh lesser galangal (kencur)
4-cm fresh ginger
2 red chillies
3 shallots
3 cloves garlic
Dried shrimp paste (belacan)
¼ cup dried shrimp, finely chopped
1½ cups grated coconut
½ tsp tamarind juice
Salt and sugar to taste

1. Wash fern shoots and blanch for 2 - 3 minutes.
2. Pound galangal, ginger, chillies, shallots, garlic and shrimp paste.
3. Fry-dry all pounded ingredients in pan.
4. Add dried shrimp and ½ cup grated coconut and stir-fry for 1 minute.
5. Add tamarind juice, and salt and sugar to taste.
6. Add fern shoots. Mix well.
7. Make a bed of the remaining grated coconut and arrange fern shoots on top.

Makes 3 - 4 servings

Contributed by Seriam Sapun

soups and salads

Philippines



Broiled Eggplant Salad with Coconut Milk Ginataang Talong At Sinugbang Isda

4 medium-size eggplants
1 medium-size fish (any kind)
2 tomatoes, sliced thinly
2 onions, sliced thinly
1 cup coconut milk
Salt

1. Broil eggplants and peel off burnt outer skin.
2. Broil, debone and shred fish.
3. Mix eggplant, fish, tomatoes, onion and coconut milk in bowl.
4. Add salt to taste.

Makes 3 - 5 servings

Contributed by Virginia Tabotabo

soups and salads

Philippines



Banana Blossom Salad Ensaladang Puso Ng Saging

2 banana blossoms, cut into thin slices
Salt to taste
2 tsp vinegar
½ tsp black pepper
¼ cup sliced onion
2-cm fresh ginger, crushed
1 cup coconut milk

1. Boil banana blossoms until tender.
2. Drain and squeeze to remove water.
3. Season with salt and vinegar.
4. Add pepper, onion and ginger.
5. Add coconut milk and mix well.

Makes 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

soups and salads

Philippines



Sweet Potato Tops Salad Udlot Sa Kamote Kinilaw

30 young kamote (sweet potato or Ipomoea batatas) leaves
1 tbsp coconut vinegar
¼ tsp ground black pepper
Salt to taste
2-cm fresh ginger, minced
2 ripe tomatoes, diced
1 medium-size onion, diced
2 stalks spring onion, cut into 1-cm pieces

1. Blanch kamote tops or boil for 5 minutes, strain then set a serving dish.
2. Toss with vinegar, ground black pepper and salt.
3. Top with the rest of ingredients.

Makes 4 servings

Contributed by Evelyn T. Caro

soups and salads

Philippines



Chicken with Green Papaya Soup Tinolang Manok

1 small green papaya
2 tbsp coconut oil
1 tbsp chopped garlic
1 medium-size onion
4-cm fresh ginger, sliced thinly
1 kg chicken, cut into about 12 pieces
3 cups water
¼ tsp black pepper
Salt
10 young chilli leaves

1. Peel papaya, remove seeds and cut into diagonal slices about 4 cm in length. Set aside.
2. Heat oil and sauté garlic, onion and ginger. Stir for 2 minutes.
3. Add chicken, cover and simmer for 10 minutes.
4. Add water. Simmer for 20 minutes, then add green papaya, black pepper and salt.
5. When green papaya is soft, add chilli leaves. Remove from heat.

Makes 6 - 8 servings

Contributed by Evelyn T. Caro

soups and salads

Philippines



Special Banana Blossom Salad Espesyal Na Ensaladang Puso Ng Saging

- 1 banana blossom
- ½ cup thick coconut milk
- 3 red chillies (finely sliced)
- 1 tbsp finely sliced ginger
- 1 medium-size onion, finely sliced
- ¼ cup coconut vinegar
- 1 tbsp mayonnaise
- ½ tsp salt

1. Boil banana blossom until tender. Drain.
2. Chop cooked banana blossom finely and put in bowl.
3. Add coconut milk, chillies, ginger, onion, vinegar, mayonnaise and salt. Mix thoroughly.

Makes 4 servings

Contributed by Roque Predillas

soups and salads

Sri Lanka



Veggie Leaves with Maldives Fish Salad **Gotu Kola Sambola**

2 cups Asiatic Pennywort (gotu kola or Centella asiatica) leaves, finely shredded
8 small red onions, sliced
3 green chillies, sliced
1 tsp pounded Maldives dried fish
1 cup diced tomato
½ cup grated coconut meat
Juice from ½ lime
Salt to taste

1. Mix all ingredients.
2. Adjust the taste with lime juice and salt.

Makes 4 servings

Contributed by S. H. Sumith Senarathne

soups and salads

Thailand



Rice Salad Kao Yam

- | | |
|--|---|
| 4 cups cooked rice | Salad sauce |
| 3 tbsp finely sliced lemongrass | 4 cups water |
| 2 tbsp finely sliced kaffir lime leaf | 4 stalks lemongrass, cut into 6-cm pieces |
| 1½ cups bean sprouts | 3 tbsp minced fresh ginger |
| ⅔ cup sliced cucumber | 5 shallots, minced |
| ⅓ cup finely sliced string beans | 3 tbsp shrimp paste |
| 6 pieces lime | ⅓ cup coconut sugar |
| ½ cup dried shrimp, ground | 1 tsp salt |
| 1 cup coconut meat, finely cut and roasted | |
| 4 tbsp hot pepper, roasted and ground | |

1. Mix all sauce ingredients in pot and cook over medium heat for 10 minutes. Remove from heat and set aside.
2. Arrange rice, lemongrass, kaffir lime leaf and assorted vegetables on a serving dish. Put lime, dried shrimp and coconut meat on the side.
3. Add ground hot pepper if spicy taste is desired.

Makes 4 servings

Contributed by Peyanoot Naka

soups and salads

Vietnam



Coconut and Soy Sauce Dip Nuoc Tuong Dua

1 cup thick coconut milk
½ cup soy sauce
Chillies, chopped (optional)

1. Mix coconut milk and soy sauce.
2. Top with chopped chillies if desired.
3. Serve on the side as dip for fresh vegetables.

Makes 4 servings

Contributed by Oil Plant Institute of Viet Nam



main dishes

main dishes

Bangladesh



Bengali Chicken Curry Chicken Bhuna

1 kg chicken, cut to 6 - 10 pieces
2 onions, minced
4-cm fresh ginger, minced
6 garlic cloves, minced
1 tbsp dried chilli
½ cup yogurt
2 tbsp soybean oil
1 tsp salt
1½ cups coconut milk
1½ cups water

1. Combine all ingredients except coconut milk and water. Marinate chicken for 30 minutes.
2. Add water and boil marinated chicken over moderate heat.
3. When liquid has evaporated, add coconut milk.
4. Cook for additional 10 minutes.

Makes 6 servings

Contributed by A. K. M. Amzad Hossain and Nazirul Islam

main dishes

Fiji



Fish with Plantain **Ika Vakalolo Kei Na Vudi**

- 1 medium-size fish, cleaned and scaled
- 2 plantain bananas, boiled
- 1 medium tomato, sliced crosswise
- 1 small onion, sliced crosswise
- 4 cups thin coconut milk
- Salt
- 1 cup thick coconut milk

1. Put fish and bananas in pot. Arrange tomato and onion on top of fish.
2. Add thin coconut milk and bring to a boil. Simmer for 25 minutes. Add salt to taste.
3. Add thick coconut milk and cook for another 2 - 5 minutes.
4. Serve with boiled root crop.

Makes 2 - 4 servings

Contributed by Raijeli Tuibua

main dishes

Fiji



Seaweed with Tuna Flakes Nama

2 cups seaweed (nama)
3 tbsp fermented grated coconut (kora)
1 small onion, chopped
3 chillies, chopped
3 cups tuna flakes
2 tbsp lemon juice
Salt

1. Wash seaweed several times in clean fresh water to remove dirt and sand.
2. Soak in water for 30 minutes. Drain.
3. Add fermented grated coconut, onion, chillies, tuna flakes, lemon juice and salt to taste.

Makes 4 servings

Contributed by Litia Vosanibola

main dishes

Fiji



Stuffed Sea Cucumber Dairo Vakasoso

1 tomato, diced
1 small onion, diced
1 cup grated carrot
½ cup canned fish

Salt

6 sea cucumbers, cooked and cut lengthwise
2 cups thin coconut milk
1 cup thick coconut milk

1. Mix tomato, onion and carrot. Add canned fish and salt to taste.
2. Stuff sea cucumber with mixture and arrange in pot.
3. Pour thin coconut milk into pot and bring to a boil.
4. Add thick coconut milk and adjust the salt. Continue cooking for another 10 minutes.
5. Serve with boiled taro or cassava.

Makes 4 - 6 servings

Contributed by Steven Waqatabu

main dishes

Fiji



Meat Wrapped in Taro Leaves **Palusami**

8 whole taro leaves
1 small onion, diced
½ cup corned beef
½ cup thick coconut milk
2 cups thin coconut milk
Salt

1. Arrange taro leaves on top of one another (small and young leaves over the big and mature ones).
2. Put onion and canned meat on taro leaf wrap.
3. Add ½ cup thick coconut milk. Fold the leaves and wrap tightly.
4. Boil for half hour at low heat or until liquid has evaporated.
5. Pour thin coconut milk and salt to taste. Simmer for 10 minutes.
6. Serve with boiled root crop.

Makes 4 servings

Contributed by Litia Vosanibola

main dishes

Fiji



Marinated Fish with Coconut Milk Kokoda

3 cups fish, cubed
3 tsp lemon juice
Salt to taste
1 carrot, grated
1 green capsicum, chopped
4 spring onion stalks, chopped
1 Chinese cabbage, shredded
1 onion, chopped
2 cups coconut milk

1. Marinate fish cubes in lemon juice with a pinch of salt. Refrigerate for 2 - 3 hours.
2. Mix carrot, capsicum, spring onion, and cabbage leaves. Set aside.
3. Add fish and onion into the vegetable mixture. Mix well.
4. Pour coconut milk and bring to a boil. Simmer for 5 - 10 minutes.

Makes 4 servings

Contributed by Litia Vosanibola

main dishes

Fiji



Fish Served in Fresh Coconut Milk **Ika Vaka Miti**

1 small rock codfish (kawakawa) fish, cleaned
1 cup water
6 lemon leaves
Salt
Milk from 2 coconuts
1 small onion, diced
2 chillies, diced

1. Boil fish in water with lemon leaves. Add salt to taste.
2. Cover and cook for about 25 minutes until fish is done. Set aside.
3. To prepare sauce, combine coconut milk with onion and chillies.
4. Pour sauce on top of fish before serving.

Makes 2 servings

Contributed by Raijeli Tuibua

main dishes

Fiji



Baked Freshwater Mussels Kai Vavi

2 cups boiled freshwater mussels (kai)
1 cup grated carrot
3 small onions, cubed
2 tomatoes, chopped
¼ tsp salt
2 cups thick coconut milk

1. Remove mussels from shells. Do not discard shells.
2. Cut each mussel into 4 pieces.
3. Mix mussels, carrot, onion, tomatoes and salt.
4. Scoop some mixture into shells and arrange in baking dish.
5. Pour coconut milk on top and bake at 210°C for 20 minutes.
6. Serve with cooked root crop.

Makes 4 servings

Contributed by Litia Vosanibola

main dishes

Fiji



Freshwater Mussels in Coconut Milk Kai Valitaba

12 freshwater mussels
1 tbsp oil
1 onion, cubed
2 tomatoes, cubed
3 cups thin coconut milk
Salt
1 cup thick coconut milk

1. Remove mussels from shells and wash thoroughly.
2. Heat oil in pan. Fry onion and tomatoes.
3. Add mussels, thin coconut milk and salt to taste. Bring to a boil and simmer for 25 minutes.
4. Add thick coconut milk and cook for another 5 minutes.
5. Serve with cooked root crop or rice.

Makes 2 - 4 servings

Contributed by Litia Vosanibola

main dishes

Fiji



Papaya and Fish with Coconut Milk Boro Weleti

1 large ripe papaya, grated
1 slice marlin (sword fish), cut into small pieces
1 small onion, chopped
6 cups coconut milk
Salt

1. Mix papaya, marlin and onion.
2. Add coconut milk and bring to a boil.
3. Cook for 20 - 30 minutes and add salt to taste.
4. Serve with cooked root crop.

Makes 4 servings

Contributed by Litia Vosanibola

main dishes

India



Sour Fish Curry Meen Curry

2 tbsp oil
½ tsp mustard seeds
1 large red onion, chopped
10 curry leaves
1 tbsp minced garlic
1 tbsp minced fresh ginger
2 tbsp chilli powder
1 tsp cumin powder
½ tsp turmeric powder
1 tbsp coriander powder
1 cup water
1 cup coconut milk
5 sour fruits (Averrhoa bilimbi), each quartered sliced lengthwise
Salt
1 kg red snapper (or any fish), cut into 5-cm chunks

1. Heat up oil and fry mustard seeds.
2. When seeds have popped, add onion and curry leaves. Stir until onion turns brown.
3. Add garlic and ginger. Stir for 2 minutes.
4. Mix chilli, cumin, turmeric and coriander powders in ½ water to make a paste.
5. Add spice paste to garlic and ginger. Stir for 2 minutes.
6. Add remaining water, coconut milk, sour fruits and salt to taste. Bring to a boil
7. Add fish and continue cooking on moderate heat until liquid is reduced to half.

Makes 8 servings

Contributed by Gracy George

main dishes

India



Egg Curry with Coconut Kappa Veyichathu

½ tsp turmeric
½ tsp chilli powder
1 tsp coriander powder
½ tsp garam masala
½ cup water
2 tbsp cooking oil
½ tsp mustard seeds
1 medium-size onion
2 green chillies, minced
1 tbsp chopped fresh ginger
1 tbsp chopped garlic
1 small tomato, diced
10 curry leaves
½ tsp salt
½ cup coconut milk
6 eggs, hard boiled and shelled

1. Mix turmeric, chilli, coriander and garam masala powders in water to make a paste. Set aside.
2. Heat oil and fry mustard seeds until they pop.
3. Add onion and stir until browned.
4. Add chillies, ginger, garlic, tomato, curry leaves and salt. Stir for 2 minutes.
5. Add spice paste and continue to stir for 2 minutes.
6. Add coconut milk and bring to a boil.
7. Reduce heat and add eggs. Continue cooking until gravy is thick.

Makes 6 servings

Contributed by Gracy George

main dishes

India



Kerala Fish Curry Carimeen Curry

2 tbsp oil
2 cups sliced onion
2 pieces fresh ginger, crushed
8 garlic cloves, crushed
10 green chillies, cut lengthwise
1 tsp turmeric powder
1 tsp ground black pepper
2 cups thin coconut milk
1 kg fish, cleaned thoroughly and sliced into pieces
3 tomatoes, sliced
4 cashew nuts, ground
1 cup thick coconut milk
Salt
Curry leaves

1. Heat up oil and fry onion for two minutes. Add ginger, garlic and green chillies. Reduce heat.
2. Add turmeric and black pepper.
3. Add thin coconut milk and fish. Bring to a boil and cook in medium heat for 10 minutes.
4. Add tomatoes and continue cooking.
5. When gravy becomes slightly thick, add ground cashew nuts, thick coconut milk and salt to taste. Cook on low heat for 5 minutes.
6. Add curry leaves and remove from heat.

Makes 8 servings

Contributed by Remya Krishnan

main dishes

Indonesia



Savoury Chicken **Ayam Bumbu Rudak**

8 shallots, diced
4 cloves garlic, diced
4 candlenut, diced
2-cm fresh turmeric, diced
2-cm fresh ginger, diced
1 tbsp coriander seeds
2 tbsp sugar
2 tbsp oil
4-cm lemongrass stem, peeled and sliced
4 lime leaves
8 basil leaves
1 chicken, cut into 6 pieces
1 tsp salt
1 cup thick coconut milk

1. Mix together all diced ingredients, coriander seeds and sugar, and pound with a mortar and pestle.
2. Heat oil in large pan. Fry paste for 3 minutes.
3. Add lemongrass, lime leaves and basil leaves. Cook until a savoury aroma is released.
4. Add chicken and salt to taste. Cover pan. When skin of chicken turns brown, add coconut milk.
5. Continue cooking until oil comes out and chicken is well done.

Makes 4 - 6 servings

Contributed by Indonesian Coconut Palmae Research Institute

main dishes

Indonesia



Chicken Curry Ayam Kari

2-cm fresh turmeric root
1 tsp coriander seeds
4 red chillies
3 candlenuts (kemiri or *Aleurites moluccanus*)
5 garlic cloves
10 small red onions
1 chicken, cut into small pieces
Salt
1 tsp tamarind pulp
Juice from 4 calamansi (*Citrus microcarpa*)
2 tbsp oil
6 basil leaves
2 lime leaves
2 lemongrass stalks, peeled and sliced into 4-cm pieces
1 tsp sugar
3 cups coconut milk

1. Using a mortar and pestle, pound turmeric, coriander, chillies, candlenuts, garlic and onion together into paste.
2. Marinate chicken in salt, tamarind pulp and calamansi juice.
3. Heat oil and fry spice paste until light brown and a savoury aroma is given off.
4. Add basil leaves, lime leaves, lemongrass and sugar. Stir well for about 2 minutes.
5. Add chicken and mix thoroughly so that chicken absorbs the spices and meat turns white.
6. Add coconut milk and salt to taste. Cover and cook over medium heat for about 45 minutes, or until chicken is cooked and curry thickens.

Makes 4 - 5 servings

Contributed by Indonesian Coconut Palmae Research Institute

main dishes

Indonesia



Chicken in Coconut Milk Ayam Santan

15 shallots
3-cm fresh ginger
3-cm fresh turmeric
5 cloves garlic
6 red chillies
½ tsp coriander seeds
¼ tsp cumin seeds
Cooking oil
3 cups coconut milk
1 chicken, cut into 12 pieces
1 tsp salt
4 potatoes, peeled and quartered

1. Using a mortar and pestle, pound shallots, ginger, turmeric, garlic, chillies, coriander seeds and cumin seeds into paste.
2. Fry paste until a savoury aroma is released.
3. Add coconut milk and bring to a boil.
4. Add chicken and salt to taste. Cook until meat turns white.
5. Add potatoes and continue cooking until chicken is done and sauce is thick.

Makes 5 - 6 servings

Contributed by Maimun Wantu

main dishes

Indonesia



Fish Curry **Ikan Santan**

1 medium-size tuna fish, cut into 4 pieces
Coconut oil
6 shallots
3 cloves garlic, peeled
4 chillies
4 candlenuts (kemiri, *Aleurites moluccanus*)
½ tsp ground black pepper
1 tsp salt
4- cm fresh galangal, crushed
10 basil leaves
4-cm lemongrass, peeled and sliced
2 lime leaves
1½ cups coconut milk

1. Fry fish until half-cooked.
2. Using a mortar and pestle, pound shallots, garlic, chillies, candlenuts, black pepper, and salt.
3. Heat oil in pan and fry all pounded ingredients for 3 minutes.
4. Add fresh galangal, basil leaves, lemongrass and lime leaves. Stir.
5. Add fried fish and cook for 5 minutes.
6. Add coconut milk and salt to taste. Stir and bring to a boil. Cook for another 10 minutes.

Makes 2 - 4 servings

Contributed by Indonesian Coconut Palmae Research Institute

main dishes

Indonesia



Spicy Beef **Sambal Goreng Hati**

3 potatoes, cut into 2-cm cubes
Oil for frying
6 onions, diced
4 cloves garlic, peeled
5 red chillies
1 tsp sugar
½ tsp salt
½ tsp ground black pepper
Oil for frying
250 g (about 2 1/3 cups) beef, cut into 3 x 3 cm pieces
6 basil leaves
2-cm lemongrass, crushed
1 cup coconut milk
5 boiled quail eggs, shell removed

1. Fry potatoes and set aside.
2. Using a mortar and pestle, pound onions, garlic, chillies, sugar, salt and black pepper.
3. Heat oil in pan and fry pounded ingredients until a savoury aroma is released.
4. Add beef, fried potatoes, basil leaves and lemongrass. Simmer.
5. Add coconut milk and stir frequently.
6. Add boiled quail eggs. Continue cooking until all ingredients are well cooked.

Makes 3 - 4 servings

Contributed by Indonesian Coconut Palmae Research Institute

main dishes

Indonesia



Roasted Anchovies with Coconut **Pepes Teri**

3 red onions
2 cloves garlic
2 red chillies
1 kaffir lime leaves
½ tsp black pepper
1 tsp sugar
1 tsp salt
1 tomato, diced
1 tbsp soy sauce
2 cups anchovies
3 cups grated coconut

1. Using a mortar and pestle, pound onions, garlic, chillies, kaffir lime leaves, black pepper, sugar and salt..
2. Put ground ingredients in bowl and combine with tomato, soy sauce, fish and grated coconut. Mix well.
3. Wrap mixture with banana leaves and roast over charcoal for about 30 minutes or until both sides are well cooked.

Makes 4 servings

Contributed by Midaningsih

main dishes

Indonesia



Beef in Coconut Milk Rendang

2 onions, chopped
6 cloves garlic, crushed
2 cm fresh turmeric, peeled and sliced
2 cm fresh galangal, peeled and sliced
2 lemongrass stems, peeled and cut into 4-cm pieces
5 red chillies, seeded and sliced
1 kg (about 5 cups) beef, cut in 4 x 4 cm cubes
1 tsp coriander seed, dry-fried and ground
4 tbsp lime juice
4 cups coconut milk
5 lime leaves
2 turmeric leaves, sliced
Tamarind juice (soak 1 tsp tamarind pulp in 4 tbsp warm water)
Salt

1. Using a mortar and pestle, pound onions, garlic, turmeric, galangal, half the lemongrass and chillies into paste. Add salt to taste.
2. Marinate meat in half the paste, coriander and lime juice. Set aside for 30 minutes.
3. Fry remaining paste until a savoury aroma is released.
4. Add coconut milk, remaining lemongrass, lime leaves and turmeric leaves. Stir gently until mixture boils.
5. Add meat mixture, tamarind juice and salt to taste. Bring to a boil.
6. Reduce heat and simmer until meat is tender.
7. Remove from heat when gravy has an oily texture.

Makes 4 - 6 servings

Contributed by Indonesian Coconut Palmae Research Institute

main dishes

Malaysia



Bamboo Shoot in Coconut Milk **Rebung Masak Lemak**

1 fresh bamboo shoot, sliced into thin strips
1 cup freshwater snail
1 cup freshwater shrimp
1 cup freshwater crab
1½ cups coconut milk
1 tsp salt

1. Put all ingredients in pot. Bring to a boil.
2. Cook for 15 - 20 minutes and remove from heat. Serve hot.

Makes 4 servings

Contributed by Lowoyon Binti Obor

main dishes

Malaysia



Spicy Shredded Beef Serunding Daging

½ kg (about 2¼ cups) beef
5 shallots
5 cloves garlic
8-cm fresh lesser galangal (ginger-like root known as kencur)
100 g dried chilli
3 stalks lemongrass
6 nutmeg
10 cloves
5 star anise (bunga lawang)
3 tbsp oil
3 cups coconut milk
Salt and sugar to taste

1. Boil beef until well cooked. Drain and slice into very thin strips.
2. Pound shallots, garlic, galangal, chilli, lemongrass, nutmeg, cloves and star anise.
3. Stir-fry pounded ingredients until a savoury aroma is released.
4. Add beef and stir thoroughly.
5. Pour coconut milk and bring to a boil. Add salt and sugar to taste.
6. Continue cooking over low heat until all liquid has evaporated and meat is tender.

Makes 4 - 6 servings

Contributed by Tijah Hj. Japalus

main dishes

Malaysia



Beef Curry Kari Lembu

10 shallots
5 cloves garlic
2 stalks lemongrass
2-cm fresh ginger
2 tbsp oil
8 tbsp curry powder (dissolved in 8 tbsp water)
3 cm piece cinnamon
4 pieces star anise
4 cloves
½ kg (about 2¼ cups) beef, cut into small pieces
4 cups coconut milk
½ kg (about 3 cups) potatoes, peeled and quartered
1 tsp tamarind paste, mixed with 2 - 3 tbsp water and strained
Salt and sugar to taste

1. Using mortar and pestle, pound shallots, garlic, lemongrass and ginger.
2. Heat oil and stir-fry pounded ingredients, curry powder, cinnamon, star anise and cloves until a savoury aroma is released.
3. Add beef and stir constantly for 10 minutes.
4. Add coconut milk, potatoes and tamarind paste. Bring to a boil.
5. Season with salt and sugar.
6. Reduce heat, cover and continue cooking for 30 minutes until beef is tender and potatoes are well cooked.

Makes 6 - 8 servings

Contributed by Rosneh Matasan

main dishes

Malaysia



Chicken Cooked with Grated Coconut **Ayam Masak Kelapa Parut**

1½ kg chicken, cut into bite-size pieces
Grated meat from 1 coconut
3 shallots, sliced
3 cloves garlic, crushed and peeled
Salt

1. Boil chicken until cooked. Drain and set aside. Keep stock for soup.
2. Mix grated coconut with shallots and garlic.
3. Stir-fry all ingredients and chicken continuously over medium heat until all liquid has evaporated and a savoury aroma is released. Add salt to taste.
4. Serve hot with soup.

Makes 6 servings

Contributed by Lily Anros

main dishes

Malaysia



Chicken Curry with Coconut Palm Heart Umbut Kelapa Kari Ayam

4 shallots
4-cm fresh ginger
5 cloves garlic
2 tbsp oil
3 tbsp curry powder
½ kg chicken, cut into bite-size pieces
2 cups thin coconut milk
½ kg (about 2½ cups) coconut palm heart (apical bud), sliced thinly
Salt
1 cup thick coconut milk

1. Using mortar and pestle, pound shallots, ginger and garlic.
2. Heat oil in pan. Fry pounded ingredients and curry powder until a savoury aroma is released.
3. Add chicken. Stir-fry for a few minutes.
4. Add thin coconut milk.
5. Cover and simmer until chicken is cooked.
6. Add coconut palm heart and continue cooking until tender. Add salt to taste.
7. Pour in thick coconut milk and bring to a boil. Serve hot.

Makes 4 - 6 servings

Contributed by Zaleha Abdullah

main dishes

Malaysia



Chicken Kurma Kurma Ayam

½ kg chicken, cut into bite-size pieces
4 tbsp kurma powder
15 shallots, pounded
Cooking oil
3-cm cinnamon stick
5 cloves
2 onions, sliced
2 stalks lemongrass, cut into 3-cm pieces
5 cloves garlic, peeled and pounded
10 dried chillies, pounded
1-cm fresh ginger, pounded
1 cup water
1 cup thick coconut milk
Salt
¼ cup raisins

1. Rub chicken with kurma powder and half of pounded shallots. Set aside.
2. Stir-fry cinnamon, cloves, onion, lemongrass, garlic, chillies and ginger until a savoury aroma is released.
3. Add chicken and water.
4. Pour thick coconut milk and add salt to taste. Stir well.
5. Bring to a boil over gentle heat until gravy is thick.
6. Sprinkle raisins and serve hot.

Makes 4 servings

Contributed by Rosneh Matasan

main dishes

Malaysia



Chicken Curry with Coconut Palm Heart **Kari Ayam Umbut Kelapa**

2 stalks lemongrass, cut and pounded
5 shallots
2 candlenuts
2-cm fresh ginger
2 cloves garlic
2 tbsp cooking oil
2 sprigs curry leaves
6 tbsp curry powder
1 kg chicken, cut into serving pieces
1 kg (about 5 cups) coconut palm heart (apical bud), cut into 3-cm cubes
3 cups thin coconut milk
1¼ cups grated coconut, roasted
2 cups thick coconut milk
Salt and sugar to taste

1. Using mortar and pestle, pound lemongrass, shallots, candlenuts, ginger and garlic.
2. Heat oil in pan. Stir-fry curry leaves and pounded ingredients until a savoury aroma is released.
3. Stir in curry powder. Add chicken and continue stirring until chicken is half-cooked.
4. Add coconut palm heart and thin coconut milk. Boil for 20 minutes or until all ingredients are cooked.
5. Add roasted grated coconut and thick coconut milk. Add salt and s

Makes 12 servings

Contributed by K.S. Winnie Ong

main dishes

Malaysia



Roasted Chicken with Grated Coconut Ayam Panggang Dengan Kelapa Parut

1 large chicken
Salt
Grated meat from 1 coconut
4 shallots, finely sliced

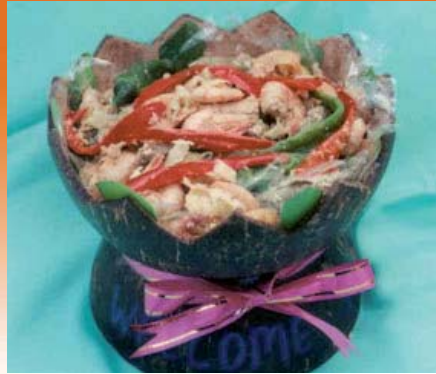
1. Rub chicken with salt and let stand for an hour.
2. Put chicken on baking tray and roast.
3. Chop chicken into bite-size pieces and arrange on serving dish. Set aside.
4. Mix grated coconut, shallots and salt to taste.
5. Put on top of roasted chicken.

Makes 5 - 6 servings

Contributed by Kewa Philipus

main dishes

Malaysia



Sour Prawns in Coconut Milk Pinarasakan Nerukut

1 kg prawns
2- cm fresh turmeric
½ cup coconut milk
5 sour star fruits (tulod ulod)
2 red chillies, cut into long, thin strips
2 green chillies, cut into long, thin strips
Salt

1. Clean prawns. Drain and pat dry.
2. Using mortar and pestle, pound turmeric to obtain juice.
3. Put all ingredients, including turmeric juice, into pan and stir-fry for a few minutes.
4. Cook over medium heat until gravy is thick.

Makes 4 - 5 servings

Contributed by Maryline Daring

main dishes

Malaysia



Stuffed Cuttlefish Sotong Sumbat

½ kg cuttlefish, cleaned
½ cup glutinous rice, soaked in coconut milk for 4 hours and drained
3 shallots
1 stalk lemongrass
2-cm fresh ginger
2-cm fresh turmeric
4-cm cinnamon stick
2 tbsp oil
2 cups thick coconut milk
Salt

1. Wash cuttlefish and separate head from body.
2. Stuff cuttlefish with glutinous rice. Put heads back and secure with coconut midrib.
3. Using mortar and pestle, pound shallots, lemongrass, ginger, turmeric and cinnamon.
4. Heat oil in pan and fry pounded ingredients until a savoury aroma is released. Add stuffed cuttlefish, coconut milk and salt to taste. Bring to a boil.
5. Cook over medium heat until gravy is thick and rice stuffing is well cooked.

Makes 2 - 4 servings

Contributed by Juara Bt. Rasik

main dishes

Malaysia



Sabah Village Chicken Stew Tula Sug

3 tbsp coconut oil
4 cloves garlic, pounded
4 shallots, pounded
600 g chicken meat, chopped into serving-size pieces
Meat of 1 mature coconut, burned until black and cut into chunks
2-cm fresh ginger, sliced into thin strips
2-cm fresh galangal, sliced into thin strips
2-cm fresh turmeric
2 stalks lemongrass, cut into 5-cm pieces and crushed
Salt to taste
3 cups water

1. Heat oil in pan and fry garlic and shallots until a savoury aroma is released.
2. Stir-fry chicken for 5 minutes.
3. Add burned coconut meat, ginger, galangal, turmeric, lemongrass, salt and water.
4. Stir until well mixed. Simmer for 20 minutes.

Contributed by Rohana Dakula

main dishes

Philippines



Crab in Coconut Milk Guinataang Alimasag

1½ kg crabs
1 cup soda (7 Up or Sprite)
2 - 3 tbsp oil
¼ cup minced garlic
½ cup shallots
¼ cup lemon juice
½ tsp black pepper
1 cup water
½ cup coconut milk
15 - 20 edible fern tops
Fish sauce

1. Clean crabs. Place in heavy pan and pour soda. Cover.
2. Steam-boil briskly for 15 - 20 minutes or until the shell changes colour. Set aside.
3. Sauté garlic and shallots in oil.
4. Add lemon juice, black pepper and water. Bring to a boil.
5. Add crabs and coconut milk. Stir.
6. Add ferns and simmer for 2 minutes. Add fish sauce to taste.
7. Serve hot.

Makes 5 - 6 servings

Contributed by Annie Guerrero

main dishes

Philippines



Fish in Coconut Milk Ginataang Pla Pla

2- cm fresh ginger, peeled and sliced thinly
2 red bell peppers, diced
2 green bell peppers, diced
4 tomatoes, diced
2 big onions, chopped
1 tsp salt
3 - 4 medium-size fish, cleaned
Milk from 2 mature coconuts

1. Mix ginger, bell peppers, tomatoes and onion in bowl. Add salt.
2. Stuff fish with mixture. Leave some of the mixture.
3. Wrap fish individually in wilted banana leaves and place in pan.
4. Add coconut milk and cook over medium heat for 15 minutes. Add remaining mixture and continue cooking until oil comes out.

Makes 4 - 5 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Grilled Tilapia in Coconut Milk Sinunog Na Tilapia

- 1 medium-size tilapia, cleaned, with scales intact
- 1 cup thin coconut milk
- 5 cloves garlic, minced
- 2 onions, sliced thinly
- 1 small onion, sliced
- ¼ tsp black pepper
- 1 tsp freshly grated ginger
- ½ tsp salt
- ½ cup thick coconut milk
- 1 red bell pepper, sliced lengthwise

1. Grill tilapia until done. Wrap in banana leaves. Set aside.
2. In a saucepan, put thin coconut milk, garlic, onion, black pepper, ginger and salt. Bring to a boil, stirring constantly.
3. Reduce heat and add tilapia wrapped in banana leaves. Continue cooking until coconut milk is reduced to half.
4. Add thick coconut milk. Continue to cook until most liquid has evaporated. Garnish with sliced red bell pepper.

Makes 1 - 2 servings

Contributed by Renato Reaño

main dishes

Philippines



Spicy Ground Chicken in Coconut Milk Halang Halang

1 kg (about 5 cups) ground chicken meat
2 tbsp coconut vinegar
5 red chillies, finely chopped
4 cups coconut milk
5 stalks lemongrass, finely chopped
1 tsp salt
Chillies for garnishing

1. Mix chicken with coconut vinegar and chillies. Cook for 10 minutes.
2. Add coconut milk, lemongrass and salt. Bring to a boil and cook for another 5 minutes. Garnish with chillies. Serve hot.

Makes 6 - 7 servings

Contributed by Maridel Tinghil

main dishes

Philippines



Beef in Peanut Sauce Kare Kare

4 cloves garlic, minced
1 small onion, chopped
2 tbsp oil
1 kg beef tripe or beef shank, cut into chunks and boiled until tender
1½ cups beef broth
1 banana blossom, quartered lengthwise
20 string beans, cut 3 cm in length
2 eggplant, cut 3 cm in length and quartered
½ cup rice, toasted and pounded into a fine flour
½ cup thick coconut milk
½ cup peanuts, toasted and pounded into a fine flour
½ cup annatto extract
1 cup young squash leaves
1 tsp salt

Shrimp sauce
3 tbsp oil
5 cloves garlic, crushed
1 small onion, chopped
½ cup salted small shrimps (alamang)

1. Sauté garlic and onion in saucepan.
2. Add tenderized tripe or beef shank and broth. Bring to a boil.
3. Add banana blossom, string beans and eggplant. Cook for 4 - 6 minutes or until vegetables are half-cooked.
4. Add rice flour and coconut milk. Stir.
5. When mixture boils, add pounded peanuts, annatto extract, squash leaves and salt. Cook for another 3 - 5 minutes.
6. To prepare the shrimp sauce, sauté garli

Makes 8 - 10 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



'Chocolate' Meat Dinuguan Sa Gata

- 1 cup thin coconut milk
- 1 cup water
- 2 cups pork blood mixed with $\frac{1}{4}$ cup vinegar
- 1 tbsp cooking oil
- 4 cloves garlic, peeled and minced
- 1 onion, chopped
- 1 kg lean pork, boiled and cubed
- $\frac{1}{2}$ cup vinegar
- $1\frac{1}{2}$ tsp black pepper
- Salt
- 1 stalk lemongrass
- 3 chillies
- 1 cup thick coconut milk

1. Add thin coconut milk and water to pork blood. Set aside.
2. Sauté garlic and onion.
3. Add pork, vinegar, black pepper and salt to taste. Stir.
4. Add pork blood - coconut mixture. Cook for 5 minutes.
5. Add lemongrass and chillies.
6. Bring to a boil, then simmer for 20 - 25 minutes.
7. Stir in thick coconut milk and cook for another 5 minutes.

Makes 8 -10 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Shrimp in Coconut Milk Guinataang Hipon

2 tbsp cooking oil
3 cloves garlic, minced
1 medium-size onion, chopped
1 tsp freshly grated ginger
2 cups thin coconut milk
 $\frac{1}{3}$ tsp black pepper, ground
1 tsp salt
1 kg medium-size prawns
 $\frac{1}{2}$ cup thick coconut milk
3 chillies

1. Sauté garlic, onion and ginger. Add thin coconut milk and season with black pepper and salt.
2. Stir in prawns and continue cooking until liquid is reduced to half.
3. Add thick coconut milk and bring to a boil. Add chillies at the last minute.

Makes 6 servings

Contributed by Renato Reaño

main dishes

Philippines



Spicy Coco Meatballs Meatball Sa Gata

¼ kg (about 1¼ cups) ground pork
¼ cup chopped onion
3 tbsp minced carrots
1 tbsp minced garlic
½ tbsp ground pepper
¼ tsp salt
1 tsp cornstarch
1 egg
¼ cup coconut bagasse (grated coconut meat from which milk was extracted)
Oil for deep-frying

Sauce
2 tbsp minced onion
1 tbsp minced garlic
3 chilli peppers, chopped
½ tsp turmeric
Salt to taste
2 tbsp cooking oil
2-cm fresh ginger, sliced
1 bay leaf
¾ cup thin coconut milk
½ cup potato, cut in strips
¾ cup thick coconut milk

1. Mix all meatball ingredients except oil.
2. Form into balls. Roll each ball in coconut bagasse.
3. Deep-fry for 3 minutes or until golden brown. Put on plate lined with paper towels to absorb excess oil.
4. To prepare sauce, pound onion, garlic, chili pepper, turmeric and salt to a paste. Sauté paste, ginger and bay leaf and then add thin coconut milk. Boil and add potato. Simmer until potato is cooked. Add thick coconut milk.
5. Add meatballs to sauce.

Makes 2 - 4 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Shrimps Rolled in Coco Crumbs Piniritong Hipon Na May Niyog

½ cup grated coconut
¼ cup all-purpose flour
½ tsp salt
½ tsp black pepper
½ kg shrimp, shelled
1 egg, slightly beaten
Oil for deep-frying

1. Mix grated coconut, all-purpose flour, salt and pepper.
2. Dip shrimp in egg, roll in coconut mixture and deep-fry until golden brown.
3. Drain on absorbent paper.

Makes 4 - 5 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Spicy Pork in Coconut Milk Bicol Express

- 1 kg (about 4½ cups) pork belly, cut into 1-cm cubes
- ½ cup water
- 2 tbsp oil
- 4 cloves garlic, chopped
- 1 medium-size onion, diced
- 4 - 6 large chillies, chopped
- 2 cups shrimp paste (alamang, made from fermented shrimp)
- 2 cups thin coconut milk
- 1 cup thick coconut milk

1. Put pork in pan, add water, cover and boil until all water has evaporated. Drain off excess oil. Set aside.
2. Sauté garlic, onion and chillies. Add shrimp paste and cook for 3 minutes. Add pork. Continue sautéing.
3. Add thin coconut milk and cover until milk is reduced to half.
4. Add thick coconut milk and simmer until mixture thickens.

Makes 8 - 10 servings

Contributed by Renato Reaño

main dishes

Philippines



Chicken in Vinegar and Coconut Milk Adobong Manok Sa Gata

2 tbsp oil
½ garlic head, crushed
1 medium-size onion, sliced
1½ kg chicken, cut into small pieces
1½ cups thin coconut milk
1 small green papaya, peeled and cut into 3-cm cubes
⅓ cup vinegar
4 green chillies
½ tsp black pepper
½ tsp fish sauce
Salt
1½ cups thick coconut milk
Young chilli leaves

1. Heat oil in saucepan. Sauté garlic, onion and chicken.
2. Add thin coconut milk and simmer.
3. When chicken is almost done, add papaya and vinegar.
4. Add chillies, black pepper, fish sauce and salt to taste.
5. Bring to a boil and add thick coconut milk. Cook for 5 more minutes.
6. Put young chilli leaves and remove from heat.

Makes 8 -10 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Chicken Stew Kalderetang Manok

2 tbsp cooking oil
1 garlic, minced
1 onion, sliced
1 kg chicken drumsticks
½ tsp black pepper
½ cup water
4 potatoes, peeled and quartered
¼ cup green peas
¼ cup sweet pickles, cubed
½ cup pimiento or cherry pepper, cut into strips
1½ cup coconut milk
2 tbsp liver spread
Salt

1. Sauté garlic and onion.
2. Add chicken drumsticks and season with black pepper. Add water and bring to a boil.
3. Add potatoes, peas and sweet pickles.
4. When chicken is tender, add pimiento strips. Leave some pimiento strips for garnishing.
5. Add coconut milk mixed with liver spread. Bring to a boil and add salt to taste. Cook for another 5 minutes.
6. Garnish with pimiento strips.

Makes 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Coconut Meat Omelet Tortang Itlog Na May Buko

2 tbsp oil
2 cloves garlic, crushed
1 onion, sliced
½ cup ground pork
½ cup young coconut meat, grated
1 sweet potato, diced
½ tsp salt
¼ tsp black pepper
4 eggs, beaten

1. Heat oil in pan and sauté garlic, onion and pork.
2. Add young coconut meat and sweet potato.
3. Add salt and pepper to taste. Continue cooking until pork and potato are tender. Set aside.
4. Pour beaten eggs in frying pan and add half the sautéed mixture. Fold over to form a half circle and remove from heat. Serve with remaining sautéed mixture on the side.

Makes 4 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Philippines



Chicken Stew in Coconut Milk Adobong Manok Sa Gata

1 kg chicken, cut into 12 pieces
3 tbsp vinegar
1 tbsp ground black pepper
1 tbsp chopped garlic
1 medium-size onion, sliced
3 dried bay leaves
1 cup thick and 2 cups thin coconut milk
Salt
1 cup green papaya, sliced into chunks

1. Place chicken meat in pot and add vinegar, black pepper, garlic, onion and bay leaves.
2. Add thin coconut milk and salt to taste. Bring to a boil.
3. Simmer for about 20 minutes. Add green papaya and cook until chicken and papaya become tender.
4. Add thick coconut milk. Simmer until oil surfaces. Remove from heat.

Makes 6 servings

Contributed by Evelyn T. Caro

main dishes

Philippines



Crabs with Coconut Alimango At Buko

- 1 kg crab (alimango, brackish water crab), washed thoroughly
- 3 cups shredded meat of young coconut (buko)
- 4-cm fresh ginger, cut into thin strips
- ½ tsp achuete (natural food colouring obtained from annatto seed extract)
- 1 tsp salt
- 3 tbsp cooking oil
- 5 cloves garlic, minced
- 4 stalks spring onion (sliced 2 cm long, separate green and white portions)
- 2 medium-size tomatoes, sliced
- 4 cups water

1. Open crabs and scrape off contents of carapace.
2. Mix edible parts with buko, ginger, achuete and ½ tsp salt.
3. Stuff each carapace with buko mixture and attach it back to the other half of the crab. Tie with a strip of banana leaf.
4. Sauté garlic, white part of onions and tomatoes.
5. Put crabs and add 2 cups water. Cover and cook for 10 minutes. Add remaining water and cook for 10 minutes more. Add remaining salt.
6. Top with green part of spring onion leaves. Serve hot.

Makes 4 - 6 servings

Contributed by Avelina A. Santander and Restituta B. Lago

main dishes

Philippines



Prawns in Coconut Milk Ginataang Hipon

8 cloves garlic, minced
1 medium-size onion, minced
1tsp oil
1 tbsp curry powder
1 kg prawns
6 cups coconut milk
1 tsp salt
½ tsp ground black pepper

1. Sauté garlic and onion in small amount of oil. Add curry powder and stir.
2. Add prawns and coconut milk. Cook until prawns are done and sauce is thick.
3. Add salt and pepper to taste.

Contributed by Teofila Desoacido

main dishes

Philippines



Chicken Barbecue with Coconut Rice Chix BBQ At Ginatang Kanin

2 cups uncooked rice
3 cups coconut milk from 1½ cups grated coconut
10 lemongrass stalks, crushed
1¼ tbsp soy sauce
½ kg chicken breast, skinned and deboned, cut into 2-cm cubes
¾ cup coconut meat, cut into 1-cm cubes
Sliced tomatoes, cucumber and onion rings for garnishing

1. Cook rice in 2 cups coconut milk. Set aside.
2. To prepare marinade, boil 1 cup coconut milk with lemongrass stalks and soy sauce.
3. Marinate chicken and coconut meat for 40 minutes.
4. Skewer coconut meat and chicken alternately.
5. Grill over hot charcoal for 6 - 8 minutes until thoroughly cooked.
6. Serve with rice cooked in coconut milk. Garnish with sliced tomatoes, cucumber and onion rings.

Makes 4 - 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

main dishes

Sri Lanka



Chicken Chop **Kukul Mas Chopsi**

1 kg chicken, cut into small pieces
Coconut oil
½ cup butter beans (lima beans)
½ cup carrots
½ cup chillies
3 cups thin and 1 cup thick milk extracted from 1 coconut
2 tbsp chilli powder
1 tbsp curry powder
1 tsp saffron powder
3 cloves garlic, chopped
2-cm fresh ginger, chopped
1 piece lemongrass
1 piece cinnamon
2 cardamom seeds
2 cloves
2 tbsp vinegar
6 red onions, sliced
1 pandan (screwpine) leaf
2 sprigs curry leaves
Salt

1. Fry chicken in coconut oil until golden brown. Set aside.
2. Boil beans, carrots and chillies. Slice and set aside.
3. Boil thin coconut milk with chilli powder, curry powder, saffron powder, garlic, ginger, lemongrass, cinnamon, cardamom seeds, cloves and vinegar.
4. Add onions, pandan and curry leaves. Stir mixture until it starts to thicken.
5. Add chicken, vegetables and thick coconut milk, and cook until gravy is thick.

Makes 8 - 10 servings

Contributed by S. H. Sumith Senarathne and I. Costa

main dishes

Sri Lanka



Egg Hoppers **Egg Appa**

750 g (5 cups) rice flour
1 tbsp toddy or 1 tsp yeast or bicarbonate of soda
¼ cup thick coconut milk
1 cup thin coconut milk
1 tsp sugar
Salt to taste
Butter or sesame (gingili) oil
4 eggs

1. Mix flour with toddy or activated yeast. Add thick coconut milk. Knead to stiff dough. Let stand overnight.
2. About 2 hours before baking, gradually add thin coconut milk, sugar and salt until slightly thick.
3. Stir mixture. Place a small wrought iron pan over low heat. Grease with butter or gingili oil.
4. Pour ¼ cup batter into pan and spread into a thin layer.
5. When the hopper is half done, make a slight depression in the middle and break an egg into it.
6. Cover until the egg is cooked. Repeat with remaining batter.

Makes 4 servings

Contributed by A. D. Samarajeewa and S. H. Sumith Senarathne

main dishes

Sri Lanka



Sri Lankan Chicken Curry Kukul Mas Maluwa

1½ kg chicken, cut into serving pieces
3 tbsp coconut oil
5 - 6 cups coconut milk extracted from 1½ coconuts
3 tbsp chilli powder, toasted
3½ tbsp curry powder, toasted (reserve 1 tbsp for last step)
2 tsp saffron powder
3 tbsp vinegar
6 tbsp salt water (add 1 tsp salt to 5 tbsp water) or salt to taste
2 cloves garlic
2-cm fresh ginger, chopped
3 green chillies
1 piece lemongrass
2 pieces cinnamon
2 cardamom seeds
2 cloves
½ tsp dill seeds
2 curry leaves
1 pandan (screwpine) leaf
8 red onions, sliced
Juice for 1 tsp dried tamarind (dissolved in 2 tbsp water and strained)
Juice from ½ lime

1. Lightly fry chicken pieces in coconut oil.
2. Mix coconut milk, toasted chilli powder, 2½ tbsp curry powder, saffron powder, vinegar, salt water, garlic, ginger, green chillies, lemongrass, cinnamon, cardamom and cloves.
3. Add dill seeds, curry leaves, pandan and onions. Cover and bring to a boil.
4. When curry boils, add tamarind juice to taste and cover pot and stir. Simmer.
5. When chicken is cooked

Makes 10 servings

Contributed by S. H. Sumith Senarathne

main dishes

Sri Lanka



Prawn Curry Isso Maluwa

- ½ kg medium-size prawns, cleaned
- ½ tsp saffron, pounded
- 2 tbsp chilli powder, toasted
- 1 tbsp cumin seeds, pounded
- 4 tbsp salt water or salt to taste
- 2 pieces sour fruit (goraka or Garcinia morella), mashed
- 1 tsp vinegar
- 2 green chillies, sliced
- 1 tbsp curry powder
- 1 piece cinnamon
- 8 red onions, sliced
- 3 cups milk from ½ coconut
- 2 tbsp coconut oil
- ½ tsp dill seeds
- A sprig of curry leaf
- 2 sprigs moringa (Moringa oleifera) leaves
- 1 tsp curry powder, toasted (for the last step)

1. Put prawns in saucepan and mix with saffron, chilli powder, cumin seeds, salt water, sour fruit, vinegar, green chillies, 1 tbsp curry powder, cinnamon and half the red onions. Add coconut milk.
2. Heat oil in pan, fry dill seeds, curry leaf and remaining red onions.
3. Add prawn mixture and cook until oil appears on surface. Stir occasionally.
4. When curry is done, add moringa leaves. Stir well and remove from heat. Sprinkle 1 tsp toasted curry powder.

Makes 4 - 6 servings

Contributed by S. H. Sumith Senarathne

main dishes

Tanzania



Salted Dried Fish in Coconut Milk **Samaki Mkavu**

1 medium-size salted fish
1 onion, sliced
3 tomatoes, sliced
Cooking oil
2 cups coconut milk

1. Boil salted fish to reduce salt content. Drain. Rinse with water.
2. Fry onion and tomatoes. Add salted fish.
3. Pour coconut milk and bring to a boil. Stir until well cooked.

Makes 4 servings

Contributed by Asha Tumaini

main dishes

Thailand



Chicken Curry with Young Coconut Meat Kaeng Kai Mheng Ma Phrao

2 cups coconut milk
2 tbsp mixed curry paste and shrimp paste
1 cup chicken meat, cut into bite-size pieces
1 cup young coconut meat, cut into strips
4 red chillies, cut into strips
Sweet basil leaves
Salt

1. Boil coconut milk over low to medium heat.
2. Stir in mixed curry and shrimp paste.
3. Add chicken and cook for about 20 minutes.
4. Add young coconut meat and continue cooking for another 5 minutes.
5. Add red chillies, sweet basil leaves and salt to taste.

Makes 3 - 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Chicken Green Curry Kaeng Kheo Wan Kai

½ cup thick coconut milk
2 tbsp green curry paste
1 cup chicken breast, cut into bite-size pieces
1½ cups thin coconut milk
1 cup small eggplant, sliced
1 cup coconut palm heart (apical bud), sliced
2 red chilli peppers, cut diagonally
1 tsp fish sauce
½ tbsp sugar
Sweet basil leaves

1. Heat thick coconut milk until oil surfaces. Stir in green curry paste.
2. Add chicken breast and cook for two minutes. Add thin coconut milk and bring to a boil.
3. Add eggplant, coconut palm heart and red chilli pepper. Season with fish sauce and sugar. Stir, cover and simmer for 10 minutes.
4. Remove from heat. Garnish with basil leaves.

Makes 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Fish Curry Kaeng Leang

2 tbsp fresh red chilli pepper, chopped
2½ tbsp shallot, chopped
3 tbsp garlic, chopped
1 tsp turmeric root, chopped
1 tbsp shrimp paste
1 tsp salt
1½ cups water
1 cup coconut palm heart (apical bud), sliced
1 fish, cut into 2-inch pieces
3 tbsp lime juice

1. Pound chilli pepper, shallot, garlic, turmeric and shrimp paste into smooth paste. Add salt.
2. In medium-size pot, mix paste with water and cook over medium heat.
3. When it starts to boil, add coconut palm heart and cook for another 2 - 3 minutes.
4. When it boils again, add fish and simmer for 10 minutes. Do not stir.
5. Remove from heat. Add lime juice and stir gently.

Makes 3 - 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Pork Curry with Vegetables Phaneang Mu

1 cup thick coconut milk
1½ tbsp red curry paste
1 cup pork, sliced
1 tbsp fish sauce
1 tbsp sugar
¾ cup thin coconut milk
1 cup coconut palm heart (apical bud), sliced
1 green chilli pepper, cut into thin strips
3 kaffir lime (*Citrus hystrix*) leaves, finely cut
5 basil leaves

1. Cook thick coconut milk over low heat until oil surfaces. Stir in red curry paste. Keep stirring for 2 minutes.
2. Add sliced pork. Stir.
3. Add fish sauce, sugar and thin coconut milk. Boil for 10 minutes.
4. Add coconut palm heart and simmer for 2 minutes.
5. Add green chilli pepper. Remove from heat.
6. Top with kaffir lime leaves and basil leaves.

Serves 4 - 5 persons

Contributed by Peyanoot Naka

main dishes

Thailand



Rice Noodles with Fish Curry Khanom Jeen Nam Ya

2 cups thick coconut milk
4 kaffir lime (*Citrus hystrix*) leaves
2 tbsp fish sauce
4 cups thin coconut milk

Curry Paste

1 tbsp chopped ginger
1 tbsp chopped kaffir lime zest
⅓ cup chopped shallot
⅓ cup chopped garlic
2 tbsp shrimp paste
½ tsp black pepper
½ cup Chinese ginger (*krachai* or *Kaempferia panduratum*)
4 small chilli peppers
⅓ cup sliced lemongrass
1½ cups freshwater fish meat

1. To prepare curry paste, pound ginger, kaffir lime zest, shallot, garlic, shrimp paste, pepper, *krachai*, chili pepper and lemongrass. Add fish meat and mix well. Set aside.
2. In medium-size pot, cook thick coconut milk over low heat until oil surfaces.
3. Add curry paste mixture. Stir occasionally. Cook for 2 - 3 minutes.
4. Add kaffir lime leaves, fish sauce and thin coconut milk. Simmer for 5 minutes. Remove from heat.
5. Serve with rice noodles, fresh vegetables and spicy sauce.

Makes 4 - 5 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Shrimp Soy Bean Curd with Coconut Milk Tao Thew Lhon

1 tbsp chopped coriander root
1 tbsp black pepper
1 tbsp chopped shallot
1½ cups thin coconut milk
1 cup chopped shrimp
½ cup soybean curd
2 medium-size eggs, beaten
1 tbsp coconut sugar
Salt to taste
½ cup thick coconut milk
5 - 6 coriander leaves
4 sliced red hot pepper

1. Pound coriander root, black pepper and shallot.
2. Boil thin coconut milk and coriander mixture over medium heat.
3. Add shrimp, soybean curd and eggs. Stir.
4. Add coconut sugar, salt and thick coconut milk. Spoon into serving bowl. Top with coriander leaves and hot pepper.
5. Serve with cooked rice and fresh vegetables such as cucumber, cabbage, and long bean.

Makes 3 - 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Steamed Seafood Curry Hor Mok Mapphrao Oon

- 1½ cups thick coconut milk
- 2 tbsp red curry paste
- 2 tsp fish sauce
- 1 egg, beaten
- 1½ cups seafood (fish, shrimp, crab)
- 3 - 4 young coconuts, top part cut off
- 3 cups basil leaves, blanched and drained
- ⅓ cup coconut cream
- 1 tbsp chopped kaffir lime leaf
- 1 red chilli pepper, cut into thin strips

1. In medium-size mixing bowl, mix thick coconut milk, red curry paste and fish sauce. Add egg and seafood. Stir for 5 minutes. Set aside.
2. Put water in steamer or double-boiler. Bring to a boil.
3. Put 2 tbsp basil leaves in each young coconut. Add seafood mixture.
4. Top with coconut cream, kaffir lime leaf and red chilli pepper.
5. Repeat with remaining young coconuts.
6. Steam for 20 minutes.

Makes 3 - 4 servings

Contributed by Peyanoote Naka

main dishes

Thailand



Stir-fried Pork with Curry Paste Khua Kling

1 tbsp chopped galangal
1 tbsp chopped garlic
1 tbsp turmeric
1 tsp black pepper
15 red chillies (reserve 5 for garnishing)
1 tbsp chopped lemongrass
1 tsp shrimp paste
2 tbsp oil
½ kg pork, cut in long and thin slices
1 cup thick coconut milk
1 tsp fish sauce
Kaffir lime zest and leaves

1. Using mortar and pestle, pound galangal, garlic, turmeric, black pepper, chillies and lemongrass. Add shrimp paste and mix well.
2. Heat oil in frying pan and fry pork. Set aside.
3. Fry pounded ingredients until a savoury aroma is released. Add coconut milk, pork and fish sauce. Add kaffir lime zest. Stir well.
4. Scoop onto serving plate. Garnish with kaffir lime leaves and red chillies.

Makes 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Red Duck Curry Kaeng Phet Pet Yang

1½ tbsp cooking oil
3 tbsp red curry paste
2½ cups coconut milk
1 roasted duck, boned and cut into 2-cm strips
½ cup chicken stock or water
10 cherry tomatoes (or 2 medium tomatoes, halved)
1 cup small eggplants
4 kaffir lime leaves, halved
1 tsp sugar
2 tbsp fish sauce
Salt

1. Heat oil over medium heat and sauté red curry paste. Stir well.
2. Add half of coconut milk. Mix thoroughly.
3. Add duck and stir well.
4. Add remaining coconut milk, chicken stock or water, tomatoes, eggplants, kaffir lime leaves, sugar, fish sauce and salt to taste. Bring to a boil. Remove from heat.

Makes 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Pork Satay Mu Sate

2 tsp coriander seeds, toasted and ground
½ tsp cumin seeds, toasted and ground
1 tsp galangal, finely chopped and ground
1 tbsp lemongrass, finely chopped and ground
1 tsp turmeric, finely chopped and ground
¼ tsp black pepper
2 tsp sugar
1 tsp salt
½ cup thick coconut milk
½ kg lean pork, cut into thin slices

Satay sauce

½ cup peanuts, toasted and ground
¼ cup red curry paste
2 cups coconut milk
¼ cup sugar
¼ cup tamarind juice
1 tsp salt

Cucumber relish
4 cucumbers, cut in half lengthwise and
then across in thin slices
2 shallots, sliced thin
1 chilli, sliced thin
⅓ cup vinegar
2 tsp sugar
½ tsp salt
1 tbsp chopped coriander leaves

1. Mix all ground ingredients and black pepper, sugar and salt. Pour over pork, along with thick coconut milk.
2. Mix thoroughly and marinate for 30 minutes.
3. Skewer meat lengthwise and roast over medium charcoal fire. Brush occasionally with remaining marinade.
4. To prepare satay sauce, mix peanuts and red curry paste. Heat one cup of coconut milk until oil rises to the surface. Stir in peanut-curry mixture. Add remaining coconut milk, reduce heat and continue to stir. Season to taste with sugar, tamarind juice, and salt. When sauce is thick

Makes 4 - 6 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Shrimp Red Curry Chuchi Kung Nang

¾ cup shrimp, shelled
3½ cups coconut milk
2 tbsp fish sauce
1 tbsp sugar
2 kaffir lime leaves
4 basil leaves

Curry Paste
5 dried chillies
1 tsp coriander root
½ tbsp chopped fresh ginger
1 tsp salt
1 tbsp chopped lemongrass
1 tsp shrimp paste
5 tbsp chopped shallot
½ tsp chopped kaffir lime zest
3 tbsp, chopped garlic
½ tsp ground black pepper

1. Using mortar and pestle, pound all curry paste ingredients to fine paste.
2. Boil 2 cups coconut milk and cook over low heat. Add curry paste, stirring occasionally. Cook for 2 - 3 minutes.
3. Add remaining coconut milk, shrimp, fish sauce and sugar. Simmer for 5 minutes
4. Add kaffir lime leaves and remove from heat. Garnish with basil leaves.

Makes 4 servings

Contributed by Peyanoot Naka

main dishes

Thailand



Rice Noodles with Shrimp Curry Khanom Jeen Nam Phrik

2 tbsp cooking oil
2 tbsp sliced garlic
2 tbsp chopped shallot
6 medium shrimps, shelled
4 tbsp soybeans
1 tbsp roasted curry paste
3 cups thick coconut milk
2 tbsp concentrated tamarind juice
1 tbsp lemon juice
Juice from 1 kaffir lime
1 tbsp coconut sugar
1 tsp fish sauce
1 tbsp chopped spring onion

1. Fry garlic and shallot until yellow. Set aside.
2. Cook shrimp in small amount of water over medium heat. Set aside.
3. Boil soybeans. Drain. Grind with cooked shrimp. Add curry paste and mix. Set aside.
4. Cook coconut milk and curry paste mixture over medium heat for 2 - 3 minutes. Stir occasionally. Cook until oil surfaces. Add tamarind juice.
5. Add lemon juice, kaffir lime juice and coconut sugar. Add fish sauce to taste. Simmer for 5 minutes.
6. Remove from heat. Top with spring onion and fried garlic and shallot.
7. Serve with rice noodles, blanched vegetables (bean sprouts, Chinese radish, string beans), fried dried hot pepper and boiled eggs.

Makes 4 servings

Contributed by Peyanoot Naka

main dishes

Vietnam



Water Snails with Lemongrass OÁC Len Naáu Dööa

20 brackish water snails
2 cups thin coconut milk
2 tsp slightly mashed lemongrass, cut 5 - 6 cm long
3 stalks lemongrass
½ tsp salt

1. From the pointed end of the snails, chop off about 3 mm. This will make it easy to take out the meat when eating.
2. Put coconut milk, snails, mashed lemongrass and lemongrass stalks in pan.
3. Boil over low heat for 10 minutes. Add salt.
4. Serve hot.

Makes 4 servings

Contributed by Nguyen Thi Le Thuy

main dishes

Vietnam



Chicken Curry **Ca Ry Ga**

1 kg potato or sweet potato, peeled and cut into 4-cm pieces
4-cm fresh ginger
5 small chillies
4 onions, sliced
4 cloves garlic, peeled
2 kg chicken, cut into 4-cm pieces
Water from 1 young coconut
3 cups thin coconut milk
4 tbsp curry powder
1 tsp black pepper
1 tbsp fish sauce
Salt
1 cup thick coconut milk

1. Soak potato in salt water. Set aside.
2. Grind ginger, chillies and $\frac{2}{3}$ of sliced onions and garlic. Rub chicken with mixture and let stand for half hour.
3. Cook marinated chicken in coconut water and thin coconut milk.
4. Add remaining sliced onions and garlic. Add curry powder, black pepper, fish sauce and salt to taste. Simmer for 10 minutes.
5. Add potato and cook until well done.
6. Pour thick coconut milk before removing from heat.

Makes 6 - 8 servings

Contributed by Oil Plant Institute of Viet Nam

main dishes

Vietnam



Frog Curry with Coconut Milk Ca Ry Ech

½ kg frog meat, cut into small pieces
Salt to taste
1 tsp black pepper
2 tbsp minced onion
2 tbsp minced garlic
100 g (about ½ cup) mushroom
10 g rice vermicelli
2 tbsp oil
2 stalks spring onion, chopped
2 tbsp lemongrass, ground
4 cloves garlic, peeled and minced
2 cups thin coconut milk
6 small red onions, sliced
½ cup thick coconut milk
5 coriander leaves
50 g (about 1/3 cup) peanuts, fried and ground
10 parsley leaves

1. Mix frog meat with salt, black pepper, minced onion and minced garlic. Let stand for 30 minutes.
2. Soak mushroom in salt water for 10 minutes. Clean and cut into small pieces.
3. Soak rice vermicelli in water to soften it. Cut into shorter lengths.
4. Fry frog meat with spring onion, lemongrass and garlic. Add thin coconut milk and bring to a boil. Add soaked mushrooms and red onions.
5. Add thick coconut milk, vermicelli and coriander. Stir until well done.
6. Top with ground peanuts and parsley.

Makes 4 servings

Contributed by Oil Plant Institute of Viet Nam

main dishes

Vietnam



Fermented Fish in Coconut Milk **Maém Chöng Döøa**

Milk from 1 mature coconut
Salt
Spring onion, chopped
 $\frac{3}{4}$ cup fermented snake-head fish
3 chillies
 $\frac{1}{2}$ tsp black pepper
Coriander leaves

1. Mix coconut milk with salt and spring onion. Pour onto fermented fish in small bowl.
2. Put bowl of fermented fish in small pot with water. Steam over medium heat for 30 minutes.
3. Remove bowl from hot water. Cool. Top with chillies, black pepper and coriander leaves.
4. Serve with rice and vegetables.

Makes 2 servings

Contributed by Nguyen Thi Le Thuy

main dishes

Vietnam



Mudfish Cooked in Coconut Water **Ca Loc Kho Nuoc Dua**

1 kg mudfish (or any fish), cleaned and cut into 3-cm pieces
¼ cup chopped peppermint
½ cup chopped onion
1 tsp salt
½ tsp sugar
Oil for frying
Water from 1 young coconut
1 tsp fish sauce

1. Rub mudfish with peppermint, onion, salt and sugar. Let stand for 30 minutes.
2. Fry fish until light brown.
3. Place fish in pot. Add coconut water, fish sauce and a pinch of sugar.
4. Cook over low heat liquid is reduced to half.

Makes 4 - 6 servings

Contributed by Oil Plant Institute of Viet Nam

main dishes

Vietnam



Coconut Palm Heart with Shrimps Goûi Cuû Huû Döøa

5 tbsp sugar
2 cups and 2 tbsp vinegar
100 g (½ cup) coconut palm heart (apical bud), sliced into 2 x 6 cm pieces
1 carrot, sliced into 2 x 6 cm pieces
10 - 12 medium-size brackish water shrimp
Vietnamese coriander leaves (Persicaria), sliced
1 tbsp lemon juice
2 chillies, sliced
1 medium-size red chilli, pounded
2 cloves garlic, peeled and pounded
2 tbsp water
3 tbsp fish sauce

1. Dissolve 3 tbsp sugar in 2 cups vinegar. Soak coconut palm heart and carrot in solution for 1 hour.
2. Squeeze out vinegar. Set aside.
3. Boil shrimps. Remove shells.
4. Mix coconut palm heart, carrot, shrimps and Persicaria leaves.
5. Add 1 tbsp sugar, lemon juice and sliced chillies. Mix evenly.
6. To prepare sauce, add water and remaining sugar to pounded chilli and garlic. Stir until sugar is dissolved. Add 2 tbsp vinegar and fish sauce. Stir again until chilli and garlic float.
7. Mix sauce with salad before serving.

Makes 4 - 5 servings

Contributed by Nguyen Thi Le Thuy

main dishes

Vietnam



Shrimp in Coconut Milk Teùp Rang Döøa

200 g freshwater shrimps
1 tsp sugar
¼ tsp salt
Milk from 1 cup grated coconut meat

1. Sprinkle sugar and salt on shrimps. Mix lightly and let stand for 20 minutes.
2. Boil coconut milk over low heat until thick.
3. Add shrimps and continue cooking until shrimps are well cooked.

Makes 2 servings

Contributed by Nguyen Thi Le Thuy

side dishes

side dishes

Bangladesh



Carrot and Beetroot Curry Narkel Gajor Torkary

2 tbsp oil
2 green chillies
2 bay leaves
2 cloves garlic, crushed
1 pinch turmeric powder
2 carrots, shredded
1 beetroot, shredded
1 cup coconut milk
½ tsp chilli powder
Salt

1. Heat oil and fry chillies, bay leaves, garlic and turmeric powder.
2. Add carrot, beetroot, coconut milk, chilli powder and salt to taste.
3. Cook until vegetables are tender.
4. Serve hot.

Makes 2 - 3 servings

Contributed by A. K. M. Amzad Hossain

side dishes

China



Coconut Rice Boats Yezi Chuan

1 coconut, freshly harvested
1 cup glutinous rice
¼ cup sugar

1. Remove husk and shell of coconut.
2. Cut a small hole on top of de-shelled coconut meat. Pour coconut water into a container and set aside.
3. Mix glutinous rice and sugar and put inside the coconut up to about ⅓ full.
4. Pour in coconut water. Cover coconut with a lid.
5. Put coconut in boiler with water. Boil for 3 - 6 hours on low heat until rice is cooked.
6. Cut rice-filled coconut into boat-shaped pieces and serve.

Makes 6 servings

Contributed by Fan Haikuo

side dishes

Fiji



Eggplant in Coconut Milk Baigani Vakamiti

6 eggplants
2 tomatoes, cubed
3 cups tuna flakes
1 small onion, sliced
Salt
2 cups thick coconut milk

1. Boil eggplants for 20 minutes.
2. Put in serving bowl and shred with fork.
3. Mix eggplants, tomatoes, tuna flakes, onion and salt to taste.
4. Pour coconut milk into mixture.
5. Serve with rice or cooked root crop.

Makes 4 - 6 servings

Contributed by Litia Vosanibola

side dishes

Fiji



Eggplant with Pasta Baigani Vavi

6 eggplants
2 eggs
3 tbsp maize flour
½ tsp salt
2 cups pasta
4 cups water
Oil for deep frying
2 tomatoes, sliced crosswise
2 medium-size onions, sliced crosswise
1 cup shredded cheese
1 cup thick coconut milk

1. Slice eggplants crosswise about half-inch thick.
2. Beat eggs and add flour. Mix well. Add salt to taste. Soak eggplants in batter.
3. Boil pasta in water for 10 minutes. Set aside.
4. Deep-fry eggplants and drain excess oil. Arrange in baking dish
5. Top eggplants with tomatoes and onions.
6. Scoop 1 tbsp pasta into each eggplant slice.
7. Sprinkle shredded cheese on top and cover with thick coconut milk.
8. Bake in oven at 225°C for 15 minutes.
9. Serve with either rice or boiled root crop.

Makes 6 - 8 servings

Contributed by Litia Vosanibola

side dishes

Fiji



Hibiscus Leaves in Coconut Milk Bele Vakalolo

2 cups thin coconut milk
12 edible hibiscus (bele) leaves with stalk
1 cup thick coconut milk
Salt

1. Put thin coconut milk in small pot and bring to a boil. Add bele leaves.
2. Add thick coconut milk and boil for another 5 minutes.
3. Add salt to taste.
4. Serve with boiled root crop or boiled fish.

Makes 2 servings

Contributed by Litia Vosanibola

side dishes

Fiji



Seaweed Gelatin **Lumi Cevata**

2 cups brown or green seaweed (lumi)
1 medium tomato, cubed
1 small onion, cubed
4 cups coconut milk
Salt

1. Wash seaweed several times. Soak in water for 30 minutes and drain.
2. Combine seaweed, tomato and onion.
3. Boil coconut milk and pour into seaweed mixture. Stir until seaweed is dissolved.
4. As mixture thickens, add salt to taste.
5. Pour into baking dish and let it set for half hour.
6. Slice before serving.

Makes 4 servings

Contributed by Raijeli Tuibua

side dishes

Ghana



Rice in Coconut Milk Kubemo

6 cups coconut milk
Salt
3 cups rice, washed
2 tbsp cooking oil
2 big onions, sliced
Carrot, green pepper and garden beans, sliced

1. Boil coconut milk. Add salt to taste
2. Add rice. Bring to a boil and cook for 10 minutes
3. Lower heat and continue cooking for another 15 minutes
4. Fry onions and other vegetables separately. Add salt to taste.
5. Remove cooked rice from stove and mix well with all vegetables
6. Serve hot with fried or grilled chicken/fish and tomato sauce.

Makes 6 - 8 servings

Contributed by Albert Osei-Bonsu and Mercy Evelyn Ocloo

side dishes

India



Stringbeans with Coconut Payaru Thoren

2 tbsp oil
½ tsp mustard seeds
1 large-size onion, minced
3 cloves garlic, minced
10 curry leaves
2 green chillies
½ cup grated coconut
20 string beans, diced
½ tsp turmeric
1 tsp salt
¼ cup water

1. Heat oil and add mustard seeds.
2. When seeds have popped, add onion. Stir until browned.
3. Add garlic and curry leaves. Stir for 1 minute.
4. Add chillies and coconut. Stir for 2 minutes.
5. Add string beans, turmeric and salt. Stir and add water.
6. Cover and cook in moderate heat until mixture is dry.

Makes 6 servings

Contributed by Gracy George

side dishes

India



Mashed Cassava with Coconut Kappa Veyichathu

1 kg cassava, cut into 2-cm pieces
4 cups water
4 cloves garlic
5 small green chillies, minced
½ cup grated coconut
1 tsp salt

1. Boil cassava in water. When soft, drain and set aside.
2. Using mortar and pestle, pound garlic, chilli and coconut into paste.
3. Add paste, salt and turmeric to cooked cassava.
4. Mash and mix thoroughly.
5. Serve with fish curry.

Makes 6 servings

Contributed by Gracy George

side dishes

India



Snakegourd Curry Kappa Veyichathu

- ½ tsp turmeric powder
- 2 tsp coriander
- 1 tsp chilli powder
- 1 tsp cumin powder
- ½ cup water
- 2 tbsp cooking oil
- ½ tsp mustard seeds
- 1 large-size onion
- 3 cloves garlic, minced
- 10 curry leaves
- 2 snake gourds, sliced into thin strips
- 1 sour fruit (Averrhoa bilimbi), quartered lengthwise
- 1 tsp salt
- 1 cup coconut milk

1. Mix turmeric, coriander, chilli and cumin powders in water to make a paste. Set aside.
2. Heat oil in pan and fry mustard seeds until they pop.
3. Add onion and stir until browned.
4. Add garlic, curry leaves and spice paste. Stir for 2 minutes.
5. Add snake gourd, sour fruit and salt. Stir.
6. Add coconut milk and continue cooking on moderate heat for 10 minutes.

Makes 4 servings

Contributed by Gracy George

side dishes

India



Beetroot Curry Patchadi

1 beetroot, chopped
2 green chillies, chopped
½ cup water
Salt
½ cup grated coconut
1 pinch cumin seeds
2 stalks spring onion, chopped,
4 tbsp curd
1 tsp mustard seeds, crushed
1 tsp coconut oil
2 dried red chillies
2 curry leaves

1. Boil beetroot and green chillies in water with a pinch of salt.
2. Prepare coconut paste by grinding grated coconut with cumin seeds and spring onions.
3. When beetroot is cooked and very soft, add coconut paste and boil for 1 minute. Mash slightly to make curry paste.
4. Add curd and half the amount of crushed mustard seed.
5. Heat coconut oil in pan. Fry remaining mustard seeds (seeds will pop) and dried red chillies. Add fried ingredients to curry paste.
6. Cool. Garnish with curry leaves.

Makes 4 - 5 servings

Contributed by Remya Krishnan



Vegetable Mix with Coconut Aiyal

$\frac{3}{4}$ cup grated coconut
 $\frac{1}{2}$ tsp turmeric powder
 $\frac{1}{4}$ tbsp cumin seeds
5 stalks spring onion
3 green chillies
12 raw cashew nuts
4 cups vegetables (unripe banana, carrot, cucumber, elephant foot yam, snake gourd and drumstick in equal amounts), cut into 5-cm pieces
1 cup water
 $\frac{1}{2}$ tbsp red chilli powder
Salt
 $\frac{1}{4}$ cup curd
1 tsp pure coconut oil
Curry leaves

1. Grind grated coconut with turmeric powder, cumin seeds, spring onion, green chillies and half the cashew nuts into a paste.
2. Boil vegetables and remaining cashew nuts in 1 cup water.
3. Add chilli powder and salt to taste.
4. When vegetables are almost cooked, add ground coconut mixture.
5. Cover for one minute and remove from heat.
6. Add curd and mix again.
7. Add coconut oil and garnish with curry leaves.

Makes 4 - 5 servings

Contributed by Remya Krishnan

side dishes

India



Vegetable Stew **Pachacurry**

4 potatoes, cut into 1-cm pieces
1 carrot, cut into 1-cm pieces
20 green beans, cut into 1-cm pieces
4 green chillies, diced
1 cup water
½ tsp black pepper
Salt
Milk from 1 cup grated coconut
Curry leaves
1 tsp coconut oil
¼ tsp mustard seeds
2 dried red chillies

1. Boil potatoes, carrots, beans and green chillies in water. Add black pepper and salt to taste.
2. When vegetables are almost done, add coconut milk and bring to a boil.
3. Turn off heat and add curry leaves. Set aside.
4. Heat coconut oil in pan. Fry mustard seeds (seeds will pop), dried chillies and curry leaves. Pour on top of curry.

Makes 4 - 6 servings

Contributed by Remya Krishnan

side dishes

Indonesia



Papaya Leaves in Coconut Milk **Bunga Pepaya Santan Kering**

10 young papaya leaves
Grated meat from ½ coconut
10 chillies
10 shallots
Salt
3 tbsp coconut oil

1. Boil papaya leaves until colour fades. Drain and cool.
2. Slice into small pieces and mix with grated coconut.
3. Using mortar and pestle, pound chillies and shallots into paste.
4. Fry paste in coconut oil. Add papaya leaves mixture and salt to taste.

Makes 5 - 6 servings

Contributed by Nun Wantu

side dishes

Indonesia



French Beans with Coconut Milk **Sambal Goreng Buncis**

2 tbsp oil
4 cloves garlic, peeled and crushed
10 small red onions, minced
6 candlenuts (kemiri or *Aleurites moluccanus*), finely pounded
½ cup chicken, diced
1½ cups coconut milk
½ kg string beans, cut into thin diagonal strips
6 pieces tempeh (fermented soya), diced
¼ tsp sugar
8 basil leaves
5 red chillies, sliced
½ tsp salt

1. Heat oil and fry garlic, minced onions and candlenuts for a few minutes.
2. Add chicken and continue frying.
3. Add coconut milk and bring to a boil. Stir continuously for about 10 minutes.
4. Add string beans, tempeh, sugar, basil leaves, red chillies and salt. Cook for another 5 minutes.

Makes 3 - 4 servings

Contributed by Indonesian Coconut Palmae Research Institute

side dishes

Indonesia



Grated Coconut with Peanuts and Anchovies **Serundeng Kacang Teri**

Oil for frying
½ cup peanuts
⅓ cup anchovies
4 shallots
3 cloves garlic
A pinch of coriander powder
½ tsp salt
1 tsp coconut sugar
2 cups grated coconut

1. Fry peanuts and anchovies separately. Set aside.
2. Using mortar and pestle, pound shallots, garlic, coriander, salt and coconut sugar .
3. Fry grated coconut and add ground ingredients. Stir until mixture turns yellowish.
4. Combine fried peanuts and anchovies with coconut mixture.

Makes 4 servings

Contributed by Midaningsih

side dishes

Indonesia



Mixed Vegetables in Coconut Milk Sayur Lodeh

10 small red onions
4 cloves garlic, peeled
6 candlenuts (kemiri)
2 tsp coriander seeds, toasted and ground
2 tbsp oil
2-cm fresh galangal, peeled and sliced
3 long red chillies
1½ cups coconut milk
2 tsp salt
2 cups young jackfruit, sliced into small pieces
10 long beans, cut into 4-cm length
1 eggplant, cut into diagonal pieces
1 cup squash, cut into 2-cm pieces
2 basil leaves

1. Using mortar and pestle, pound onions, garlic, candlenuts and coriander seeds into paste.
2. Heat oil in pan and stir-fry paste for 3 minutes.
3. Add galangal and chillies.
4. Add coconut milk and salt. Stir and bring to a boil.
5. Add jackfruit and vegetables.
6. Cook until all ingredients are well cooked. Add basil leaves and remove from heat.

Makes 4 - 6 servings

Contributed by Indonesian Coconut Palmae Research Institute

side dishes

Indonesia



Mixed Vegetables **Urab Sayur**

- 1 bunch cassava leaves (about 15 leaves), cut into small pieces
- 2-cm fresh galangal
- 1 clove garlic, peeled
- 3 red chillies
- 2 tbsp oil
- 10 string beans, cut into 4-cm pieces
- 1 cup grated coconut
- 2 cups mung bean sprouts
- 1 tsp sugar
- 1 tsp salt

1. Steam cassava leaves, string beans and mung bean sprouts until half cooked. Set aside.
2. Using mortar and pestle, pound galangal, garlic and chillies..
3. Heat oil in pan and fry pounded ingredients until a savoury aroma is released.
4. Add steamed cassava leaves and vegetables and grated coconut. Stir and add sugar and salt to taste.
5. Remove from heat when cassava leaves are well-cooked.

Makes 4 servings

Contributed by Midaningsih

side dishes

Indonesia



Indonesian Pickle Acar

1 cup bamboo shoots, sliced into thin strips
6 onions, chopped
5 garlic, crushed
5 red long chillies
Cooking oil
1½ tsp salt
1 tsp sugar
¼ cup vinegar
1 cup carrot, sliced into thin strips
1 cup string beans, sliced into thin strips
2-cm lemongrass, crushed
2 cups coconut milk

1. Boil bamboo shoots and set aside.
2. Using mortar and pestle, pound onions, garlic and chillies.
3. Heat oil in pan and fry pounded ingredients and salt until a savoury aroma is released. Add sugar and vinegar; adjust according to taste.
4. Add carrot, string beans, bamboo shoots and lemongrass. Simmer.
5. Add coconut milk and stir.

Makes 3 - 4 servings

Contributed by Indonesian Coconut Palmae Research Institute

side dishes

Indonesia



Banana Blossom with Grated Coconut **Jantung Pisang Santan Kering**

1 banana blossom, cut into small pieces
½ coconut, grated
10 chillies
10 shallots
½ tsp salt
Coconut oil

1. Mix banana blossom with grated coconut.
2. Using mortar and pestle, pound chillies and shallots into paste.
3. Heat coconut oil in pan and fry paste for 3 minutes. Add banana blossom mixture.
4. Add salt to taste and continue cooking until well done.

Contributed by Maimun Wantu

side dishes

Malaysia



Stir-fried Coconut Palm Heart and Vegetables **Umbut Kelapa Dengan Sayur Campur**

- 2 tsp oil
- 3 cloves garlic, sliced thinly
- 2 shallots, sliced thinly
- 2-cm fresh ginger, sliced thinly
- 400 g chicken meat, cubed
- 20 g black fungus, soaked overnight
- 1 carrot, cut crosswise into flower shapes
- 1 cup green peas
- 500 g (about 2½ cups) coconut palm heart (apical bud), sliced thinly
- 4 tsp oyster sauce
- ½ tsp black pepper
- Salt and sugar to taste
- 1 tsp maize flour, dissolved in 1 cup water

1. Heat oil in pan. Fry garlic, shallots and ginger until a savoury aroma is released.
2. Add chicken and black fungus. Stir for 1 minute.
3. Add carrots, green peas and coconut palm heart. Cook for another 3 minutes.
4. Add oyster sauce, black pepper, salt and sugar to taste. Stir.
5. Stir in dissolved maize flour. Remove from heat.

Makes 4 - 5 servings

Contributed by Au Wai Fong

side dishes

Malaysia



Banana Blossoms in Coconut Milk **Jantung Pisang Masak Santan**

- 3 shallots
- 2 tsp dried shrimp paste (roast over fire before pounding)
- 2 cloves garlic
- 4 red chillies
- Salt
- 4 banana blossoms
- 3 cups coconut milk

1. Using mortar and pestle, pound shallots, shrimp paste, garlic, chillies and salt to taste. Set aside.
2. Remove outer sheath of banana blossoms, leaving only the white part.
3. Cut banana blossoms lengthwise into halves and arrange on plate. Set aside.
4. Mix all pounded ingredients with coconut milk and bring to a boil.
5. Pour over banana blossoms. Serve hot.

Makes 4 - 6 servings

Contributed by Seriam Sapun



Cassava Leaves in Coconut Milk **Pucuk Ubi Kayu Masak Lemak**

10 g (about 1¼ tbsp) dried shrimps
2 cloves garlic
3 shallots
1 tbsp shrimp paste (belacan)
½ kg young cassava leaves
Water
Salt
2 tbsp oil
1 stalk lemongrass
2 cups coconut milk

1. Using mortar and pestle, pound shrimp, garlic, shallots and shrimp paste. Set Aside.
2. Boil cassava leaves in water with salt for 5 minutes, drain and set aside.
3. Fry pounded ingredients and lemongrass until a savoury aroma is released.
4. Add boiled cassava leaves and coconut milk. Bring to a boil.
5. Add salt to taste.
6. Serve hot.

Makes 4 - 5 servings

Contributed by Seriam Sapun

side dishes

Malaysia



Coconut Palm Heart in Coconut Milk **Umbut Kelapa Masak Lemak Ikan Masin**

2 dried chillies
2-cm fresh ginger
1-cm fresh turmeric
½-cm fresh galangal (rhizome belonging to the same family as ginger)
2 tbsp cooking oil
1 clove garlic, sliced
2 shallots, sliced
½ kg (about 2½ cups) coconut palm heart (apical bud), sliced
3 cups coconut milk
1 salted fish, cut into small pieces
8- cm lemongrass
4-cm cinnamon stick
Salt

1. Using mortar and pestle, pound chillies, ginger, turmeric and galangal.
2. Heat oil in pan. Stir-fry pounded ingredients with garlic and shallots.
3. Add coconut palm heart, coconut milk, salted fish, lemongrass and cinnamon. Cook for 15 minutes. Add salt to taste.

Makes 4 servings

Contributed by Rusminah Bt. Hj. Tahir

side dishes

Malaysia



Savoury Coconut Serunding Kelapa

3 shallots
3 cloves garlic
1 stalk lemongrass
1-cm fresh ginger
½ cup dried shrimps
4 tsp oil
2 cups grated coconut
2 tbsp curry powder
1 tsp sugar
1 tsp tamarind juice
Salt

1. Using mortar and pestle, pound shallots, garlic, lemongrass, ginger and dried shrimps.
2. Heat oil in pan and fry pounded ingredients until a savoury aroma is released.
3. Add grated coconut, curry powder, sugar, tamarind juice and salt to taste.
4. Stir-fry for 8 -10 minutes until colour turns golden.
5. Serve as a side dish.

Makes 4 servings

Contributed by Seriam Sapun



Taro Leaf Stalks in Coconut Milk **Batang Daun Keladi Masak Lemak**

½ kg taro leaf stalks, outer sheath removed
¼ cup dried shrimps
3 cloves garlic
10 red chillies
4 shallots
2 tbsp shrimp paste
2 tbsp oil
2 cups thin coconut milk
1 cup thick coconut milk
1 tsp tamarind juice (mixed with a little water and strained to obtain tamarind juice)
Salt

1. Wash taro leaf stalks and cut into 5-cm strips.
2. Using mortar and pestle, pound dried shrimp, garlic, chillies, shallots and shrimp paste.
3. Heat oil in pan and fry pounded ingredients until a savoury aroma is released.
4. Add taro leaf stalks and fry for another 2 - 3 minutes.
5. Pour in thin coconut milk and bring to a boil.
6. Add thick coconut milk, tamarind juice and salt to taste. Bring to a boil.
7. Serve hot.

Makes 4 -5 servings

Contributed by Seriam Sapun

side dishes

Malaysia



Tender Banana Stem with Shrimps **Umbut Pisang Masak Lemak**

2 cups coconut milk
1 young stem of wild banana, sliced diagonally
1½ cups freshwater shrimps
1 cup wild eggplant (terung pipit)
30 - 40 basil (kemangi) leaves
Salt

1. Put coconut milk and sliced banana stem in pot. Boil for about 3 minutes.
2. Add other ingredients and cook for another 20 minutes. Add salt to taste.

Makes 5 - 6 servings

Contributed by Rukinah Binti Pansaran

side dishes

Malaysia



Jackfruit in Coconut Milk **Taduk Nangka Sinantan**

3-cm fresh turmeric
2-cm fresh ginger
3 shallots
2 cloves garlic
1 tbsp oil
1 young jackfruit, sliced
2 cups coconut milk
¼ cup small to medium-size prawns, shelled
Salt
1 cup wild eggplant (terung pipit or *Solanum torvum*)
2 red chillies
½ cup grated coconut, roasted

1. Using mortar and pestle, pound turmeric, ginger, shallots and garlic.
2. Heat oil and stir-fry pounded ingredients until a savoury aroma is released.
3. Add jackfruit and coconut milk. Cook for 15 minutes.
4. Add prawns, salt, wild eggplant and red chillies. Cook for another 10 minutes.
5. Add roasted coconut and mix well.

Makes 4 - 6 servings

Contributed by Emaliah Bte Maruidui

side dishes

Malaysia



Tender Banana Stem with Crabs **Umbut Pisang Masak Lemak**

1 young banana stem, sliced
2½ cups coconut milk
2 cups freshwater snails
10 freshwater crabs
20 basil leaves
½ tsp salt

1. Put all ingredients in pan and bring to a boil.
2. Reduce heat and cook for another 15 minutes.
3. Serve hot.

Makes 4 servings

Contributed by Mokupi Manjilan

side dishes

Philippines



Coconut Spring Rolls Coco Shanghai

4 cups freshly prepared coconut bagasse (grated coconut meat from which milk has been extracted)
½ kg (2½ cups) ground pork, beef, or deboned fish
1 large onion, chopped
2 tsp minced garlic
½ tsp black pepper
4 tbsp soy sauce
4 tbsp cornstarch
40 spring roll wrappers
Oil for deep-frying

1. Mix all ingredients, except wrappers and oil.
2. Spoon 2 tbsp mixture on each spring roll wrapper. Form into rolls.
3. Heat cooking oil in pan.
4. Deep-fry spring rolls. Drain excess oil.
5. Serve while hot.

Makes 8 -10 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Philippines



Fresh Coco Spring Rolls Buko Lumpia Espesyal

- | | |
|--|-------------------------------------|
| 2 tbsp cooking oil | Sauce |
| 1 small onion, sliced thinly | ¼ cup soy sauce |
| 4 cloves garlic, crushed | 1 cup water |
| ½ kg (about ¾ cup) pork, cut into thin strips | ½ cup brown sugar |
| ½ kg (about ¾ cup) shrimp, shelled and cut in halves lengthwise | 2 tsp cornstarch |
| ½ cup shrimp juice (boil shrimp shells in water and extract juice) | 8 cloves garlic, peeled and crushed |
| 1 potato, cut into 4-cm strips | |
| 1 carrot, cut into 4-cm strips | |
| 10 string beans, sliced diagonally into very thin pieces | |
| 1 cup young coconut meat, cut into 2-cm strips | |
| ¼ cabbage, shredded | |
| 1 tsp salt | |
| ½ tsp black pepper | |
| 8 lettuce leaves | |
| 8 fresh spring roll wrappers | |
1. Sauté onion, garlic, pork and shrimp. Add shrimp juice and bring to a boil.
 2. Add potatoes, carrots, string beans, young coconut meat and cabbage.
 3. Cook for 6 - 8 minutes. Season with salt and pepper. Cool.
 4. Put a lettuce leaf on each spring roll wrapper and spoon ⅓ cup of the filling. Make into a roll.
 5. To prepare sauce, combine soy sauce and water, and then dissolve cornstarch and sugar in the mixture. Cook in moderate heat until mixture thickens. Add crushed garlic.

Makes 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Philippines



Young Jackfruit in Coconut Milk **Guinataang Langka**

½ kg (about 5 cups) young jackfruit, skin and core removed, cut into small pieces
1 cup thin coconut milk
3 cloves garlic, minced
1 small onion, sliced
1 tsp black pepper
50 g (about ¼ cup) ground pork or fresh shrimps
2 chillies
½ tsp fish sauce
Salt to taste
1 cup thick coconut milk

1. Blanch jackfruit for 3 - 4 minutes. Drain and set aside.
2. In sauce pan, combine ½ cup thin coconut milk, garlic, onion, black pepper, fresh shrimps and jackfruit.
3. Bring to a boil. Add chillies, fish sauce and salt.
4. Add thick coconut milk. Stir and cook an additional 2 - 3 minutes.

Makes 6 servings

Contributed by Renato Reaño

side dishes

Philippines



Coconut Palm Heart with Sauce Lumpiang Ubod

- | | |
|---|--|
| 1 kg (about 5 cups) coconut palm heart
(apical bud), cut into strips | Sauce |
| ½ kg (about 3 cups) yellow sweet potatoes | ⅓ cup soy sauce |
| 2 tbsp cooking oil | 2 tbsp peanut butter |
| 4 cloves garlic, minced | 1 cup refined sugar |
| 1 medium-size onion, sliced | 1 tsp minced garlic |
| ¼ kg fresh shrimps, shelled | 3 cups water |
| ¼ kg (about 1¼ cups) pork, diced | 3 tbsp cornstarch dissolved in 3 tbsp
water |
| 1 cup water | |
| ½ cup shrimp juice (juice extracted by boiling
the shrimp shells in water) | |
| Chinese parsley | |
| 1 medium-size carrot, cut into thin strips | |
| ½ tsp fish sauce | |
| ½ cup peanuts, chopped | |

1. Soak coconut palm heart in water with a small amount of milk to prevent discoloration.
2. Fry sweet potatoes until almost cooked.
3. Sauté garlic until brown. Add onion, shrimp and pork. Stir for 3 minutes.
4. Add 1 cup water, shrimp juice and Chinese parsley. Bring to a boil.
5. Add coconut palm heart, carrot and fish sauce. Cover and continue cooking until tender.
6. To prepare sauce, combine all sauce ingredients, except cornstarch, in saucepan. Bring to a boil and add dissolved cornstarch. Stir until smooth and thick.
7. Serve with a topping of chopped

Makes 10 servings

Contributed by Rosario Fabian

side dishes

Philippines



Mixed Vegetables in Coconut Milk Halo Halong Gulay Na May Gata

- 1 cup thin coconut milk
- 1 small onion, sliced thinly
- 1½ tsp shrimp paste (alamang)
- 10 string beans, cut into pieces 4 cm long
- 1 large bitter gourd, sliced thinly
- 4 winged beans, sliced thinly
- ½ cup thick coconut milk

1. Combine thin coconut milk, onion and shrimp paste in medium-size pan. Bring to a boil.
2. Add string beans. After 2 minutes, add bitter gourd and winged beans. Stir occasionally.
3. Add thick coconut milk when vegetables are half-cooked. Cook for another 2 - 3 minutes.
4. Remove from heat and serve hot.

Makes 4 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Philippines



Banana Blossom in Coconut Milk **Ginataang Puso Ng Saging**

4 banana blossoms, cut into thin pieces
2 cups thick coconut milk
4 chillies
1 red bell pepper, diced
3 cloves garlic, minced
Salt
3 tomatoes, sliced crosswise
1 onion, sliced crosswise

1. Boil banana blossoms until tender. Drain and squeeze the water out.
2. Boil coconut milk for 10 minutes. Add chillies, bell pepper and garlic. Add salt to taste.
3. Add banana blossoms.
4. Remove from heat and garnish with sliced tomatoes and onion.

Makes 10 servings

Contributed by Nanilita Bacubac

side dishes

Philippines



Vegetables with Coconut Guinisang Gulay At Buko

3 eggplants, cut into diagonal pieces
¼ tsp rock salt
1 tbsp vegetable oil
2 cloves garlic, sliced
1 medium-size onion, sliced
2 carrots, sliced crosswise
2 red bell pepper, cut into strips
1 stalk lemongrass
10 green beans, cut into 3-cm pieces
1 cup coconut milk
1 cup shredded meat from young coconut
Fish sauce
¼ cup cashew nuts
10 g (about 4¾ tbsp) dried basil leaves

1. Place eggplants in colander, sprinkle with salt and set aside for 20 minutes.
2. Rinse eggplants under cold running water and pat dry with absorbent kitchen paper.
3. Heat oil in pan. Add garlic, onion, carrots, red bell pepper and lemongrass. Stir-fry for 3 minutes.
4. Add eggplants, beans, coconut milk and young coconut meat. Stir-fry for another 5 minutes or until eggplants are tender. Add fish sauce to taste.
5. Add cashew nuts and basil leaves.

Makes 6 - 8 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Philippines



Stringbeans in Coconut Milk Guinataang Sitao

50 g (about ¼ cup) ground fresh shrimps or pork
3 cloves garlic, minced
1 small onion, sliced
1 tsp black pepper
2 large green chillies
1 cup thin coconut milk
¼ kg (about 2 cups) string beans, cut into 5-cm length
⅓ tsp fish sauce
Salt
1 cup thick coconut milk

1. Fry shrimp or pork until it turns red or brown. Drain off excess oil. Set aside.
2. Put garlic, onion, black pepper, shrimps or pork, chillies and thin coconut milk in pot. Bring to a boil.
3. Add string beans and continue cooking until string beans are tender. Add fish sauce and salt to taste.
4. Add thick coconut milk and cook for 1 - 2 minutes.

Makes 4 servings

Contributed by Renato Reaño

side dishes

Philippines



Taro Leaves in Coconut Milk Ginataang Gulay Na Gabi

20 young taro leaves and stalk cut into 6-cm length
2 cups thin and 1 cup thick coconut milk
1 tbsp chopped garlic
1 pc dried fish
¼ cup chopped ginger
3 red chillies, chopped
1 medium-size onion, sliced
Salt

1. Place all ingredients, except thick coconut milk, in pot.
2. Boil mixture, and simmer for 30 minutes or until almost all liquid has evaporated.
3. Add thick coconut milk. Simmer until oil surfaces. Remove from heat.

Makes 6 servings

Contributed by Teresita Batadlan and Evelyn T. Caro

side dishes

Philippines



Taro Leaves in Coconut Cream Laing

½ kg shrimps, shells removed
Grated meat from 2 young coconuts
1 medium-size onion, chopped
Salt
10 - 15 pieces wilted taro leaves
1 cup thin coconut milk
1 cup thick coconut milk
2 red chillies, chopped

1. Chop shrimps and mix with grated coconut and onion. Add salt to taste. Spoon a portion of mixture on taro leaf and wrap. Continue until mixture is used up.
2. Arrange in pot and pour thin coconut milk over wrapped mixture.
3. Cover and simmer over low heat. Stir once in a while to prevent burning.
4. When almost done, add thick coconut milk and chopped chillies.
5. Continue cooking until sauce thickens.

Makes 4 - 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Philippines



Mixed Vegetables with Tender Coconut Meat Buko Chopsuey

- 1½ tbsp cooking oil
- 4 cloves garlic, minced
- 1 medium-size onion, chopped
- ½ kg chicken breast and liver, sliced thinly
- 125 g sweet ham, sliced thinly
- 250 g (about 3 cups) young coconut meat, cut into 2-cm flat strips
- 100 g snow peas, stringed
- 2 - 3 young maize, cut diagonally into 2-cm pieces
- 1 medium-size carrot, peeled and sliced crosswise
- 1 red pepper, sliced into strips
- 1 green pepper, sliced into strips
- 1 small chayote, sliced into thin strips
- 1 cup chicken broth
- ¼ tsp black pepper
- 1 tbsp soy sauce
- ½ tsp salt
- 1 tsp cornstarch dissolved in ¼ cup water

1. Heat oil in large pan and sauté garlic and onion.
2. Add chicken and ham slices. Stir for 3 - 5 minutes.
3. Add vegetables and young coconut meat.
4. Stir-fry until vegetables are almost cooked, and then add broth.
5. Season with black pepper, soy sauce and salt to taste.
6. Add dissolved cornstarch, stir and remove from heat.

Makes 8 - 10 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

side dishes

Sri Lanka



Potato White Curry **Arthapal Ala Maluwa**

½ kg (about 2¾ cups) potatoes, quartered
1 tsp saffron, ground
½ tsp dill seeds
6 red onions
1 tsp Maldives dried fish, pounded
5 green chillies, sliced
2½ cups thick coconut milk from 1 coconut
Salt
2 tomatoes, diced
1 tsp lime juice
1 sprig curry leaf

1. Boil potatoes until semi-soft. Drain.
2. Combine potatoes with saffron, dill seeds, onions, dried fish, green chillies and coconut milk. Bring to a boil, with continuous stirring. Add salt to taste.
3. Add tomatoes, lime juice and curry leaf, and cook for another 5 minutes.

Makes 4 - 5 servings

Contributed by S. H. Sumith Senarathne and I. Costa

side dishes

Tanzania



Rice in Coconut Milk Ubwabwa

4 cups coconut milk
1kg (about 5 cups) rice, washed well
1 tsp salt

1. Boil coconut milk for about 5 minutes.
2. Add rice and salt. Stir evenly until the milk has evaporated.
3. Cover pot with wide aluminium plate with live charcoal on it. The food is ready to serve after about 30 minutes.

Makes 5 servings

Contributed by Maimuna Ramadhani

side dishes

Tanzania



Maize and Beans Mix **Makande Ya Maharage**

½ kg (about 3 cups) hulled maize
½ kg (about 2½ cups) red beans
1 tsp salt
1 medium-size onion, chopped
4 cups coconut milk

1. Boil hulled maize and beans for one hour.
2. Add salt and continue boiling until well cooked.
3. Add onion and continue cooking.
4. Add coconut milk. Boil for another 10 - 15 minutes. Serve while warm.

Makes 4 - 6 servings

Contributed by Veneranda Chokala and Violet Kiwia

side dishes

Tanzania



Dry Beans with Coconut Milk Mchuzi Wa Maharage

¼ kg (about 1¼ cups) dry beans
1 onion, chopped
1 tbsp cooking oil
2 tomatoes, chopped
1 cup coconut milk
½ tsp salt

1. Wash beans and boil until cooked. Drain.
2. Drain and mash ¼ of beans. Set aside.
3. Fry onion until brown. Add tomatoes. Add remaining beans and fry together for 5 - 10 minutes.
4. Add coconut milk, mashed beans and salt. Continue cooking for 10 minutes. Serve hot with rice or sweet potatoes.

Makes 4 servings

Contributed by Furahini Hizza and Violet Kiwia

side dishes

Thailand



Coconut Palm Heart with Glass Noodles Yod Oon Maprao Tom Ka Thi

- 4 tsp shrimp paste
- 2 dried chilli peppers
- 2 cloves garlic
- 2 cups coconut milk
- 100 g (about ½ cup) coconut sugar
- 2 cups coconut palm heart (apical bud), sliced
- 1 small pack glass (mungbean) noodles

1. Using mortar and pestle, pound shrimp paste, dried chilli peppers and garlic.
2. Heat coconut milk and add coconut sugar and pounded ingredients. Mix well.
3. Add coconut palm heart and continue cooking. Add glass noodles and bring to a boil.
4. Remove from heat when glass noodles become soft.

Makes 5 - 6 servings

Contributed by Peyanoot Naka

side dishes

Thailand



Coconut Fried Noodles Phat Thai

1 cup chopped shallots
100 g dried red chillies
4 cups coconut milk
250 g (about 1¼ cups) coconut sugar
½ cup tamarind or lime juice
1 tsp salt
500 g noodles

1. Using mortar and pestle, pound shallots and chillies. Set aside.
2. Pour coconut milk into pot and dissolve coconut sugar over medium heat. Simmer.
3. Add pounded shallots and chillies to coconut milk.
4. Add tamarind or lime juice and salt. Continue cooking until sauce is thick.
5. Put noodles in pan. Add sauce, stirring gently to coat the noodles without making them soggy. Garnish with sliced or shredded fresh vegetables.

Makes 4 servings

Contributed by Peyanoot Naka

side dishes

Vietnam



Coconut Cooked with Soy Sauce Dua Kho

Meat from tender coconut (10 months old)

½ cup soy sauce

1½ cups water

1. Remove coconut meat from shell and cut into squares.
2. Combine soy sauce and water and boil in pot. Add coconut meat. Reduce heat.
3. Cook until coconut is well done.

Makes 4 servings

Contributed by Oil Plant Institute of Viet Nam

side dishes

Vietnam



Coconut Rice Porridge Chao Dua

1½ cups rice
2 cups water
Milk from 1 coconut
Salt
¼ tsp black pepper
Coriander leaves, chopped
Spring onion, chopped

1. Cook rice in water.
2. Add coconut milk and salt.
3. Top with black pepper and chopped coriander leaves and spring onion. Serve hot.

Makes 4 - 6 servings

Contributed by Oil Plant Institute of Viet Nam

side dishes

Vietnam



Salted Shredded Coconut Ruoc Dua

1 tbsp oil
300 g (about 1½ cups) grated desiccated meat from one coconut (9 - 10 months old)
1 tbsp fish sauce
1 tbsp soybean sauce
1 tsp sugar

1. Heat oil in pan.
2. Sauté grated coconut with fish sauce, soybean sauce and sugar over medium heat until liquid has completely evaporated.
3. Spread on flat tray. Cool.
4. Serve or keep in airtight glass container (can keep for 2 weeks).

Makes 6 - 8 servings

Contributed by Oil Plant Institute of Viet Nam

side dishes

Vietnam



Fruit and Vegetable Mix with Coconut Milk Kieảm

- 1 sweet potato, cut into 3-cm cubes
- 100 g (about ½ cup) pumpkin, cut into 3-cm cubes
- 2 cups thin coconut milk
- 2 tbsp sugar
- 1 tsp salt
- 2 ripe plantain bananas, cut into 3-cm cubes
- Sliced seaweed
- 2 pods long beans, cut 2 - 3 cm long
- 5 segments jackfruit, cut 2 - 3 cm long
- 1 cup thick coconut milk

1. Cook sweet potato and pumpkin in thin coconut milk for 10 minutes over low heat. Add sugar and salt.
2. Add bananas, seaweed and long beans. Cook for 10 minutes.
3. Add jackfruit and cook for another 5 minutes.
4. Pour thick coconut milk and bring to a boil.
5. Remove from heat. Serve.

Makes 4 servings

Contributed by Nguyen Thi Le Thuy



desserts



Coconut Chickpea Sweets

Chola Narkeli Laru

1 cup chickpea, soaked overnight
¼ cup shortening
1½ cups sugar
1 cup grated coconut
½ tsp cardamom

1. Grind chickpea to fine paste.
2. Fry paste in shortening until golden brown. Stir.
3. Add sugar, grated coconut meat and cardamom powder. Stir for 10 minutes.
4. Remove from heat.
5. Spread thinly on flat surface and cut or mould into desired shapes.

Makes 3 - 4 servings

Contributed by A. K. M. Amzad Hossain and Nazirul Islam



Sweet Coconut Balls Narikeli Laru

2 cups grated coconut
2 cups sugar
20 g (about 3½ tbsp) grated cardamom

1. Mix grated coconut with sugar and cardamom.
2. Put mixture in pan and cook while stirring continuously until mixture is sticky.
3. Remove from heat. Form into balls while still warm.

Makes 6 - 8 servings

Contributed by A. K. M. Amzad Hossain and Nazirul Islam

desserts

Fiji



Cassava Pie Tavioka Pai

4 cups grated cassava
1¼ cup sugar
1 cup grated coconut
2 cups coconut milk
2 tbsp cornstarch
2 tbsp water
2 cups coconut milk
Desiccated coconut (optional)

1. Mix cassava, 1 cup sugar and grated coconut.
2. Pour mixture into greased baking dish.
3. Bake at 180°C for 45 minutes, or until top is light brown.
4. Remove from oven and set aside.
5. Boil coconut milk.
6. Dissolve cornstarch in water and add to coconut milk.
7. Add remaining sugar and mix until it thickens.
8. Pour cornstarch mixture over baked cassava. Garnish with desiccated coconut.

Makes 4 - 5 servings

Contributed by Litia Vosanibola

desserts

Fiji



Fresh Fruit Salad Vakalomavinaka

1 cup young coconut meat, coarsely shredded
1 large pineapple, diced
6 ripe bananas, diced
1 orange, diced
1 ripe papaya, diced
2 cups diced peach
1 cup diced watermelon
2 cups coconut milk
2 cups milk

1. Mix coconut and all fruits in bowl.
2. Combine milk and coconut milk and pour on fruits.

Makes 10 - 12 servings

Contributed by Steven Waqatabu



Papaya Coconut Pudding Lote

1½ cups ripe papaya (paw paw) pulp
7 tbsp maize flour
1½ cups coconut milk

1. Blend paw paw pulp and maize flour. Cook over low heat.
2. Stir until mixture thickens.
3. Add coconut milk and cook for another 5 - 10 minutes.
4. Pour mixture into deep serving dish. Cool.
5. Serve plain or with thick coconut milk.

Makes 4 servings

Contributed by Raijeli Tuibua



Pumpkin Pudding

Lote Papukeni

½ medium-size pumpkin
½ cup young coconut meat
1 mature coconut, de-husked
Sugar
1 cup thick coconut milk

1. Peel and core pumpkin. Wash and blend together with young coconut meat.
2. Cut off coconut top and pour out coconut water.
3. Stuff coconut with pumpkin mixture and add sugar to taste.
4. Bake at 180°C for 1 hour.
5. Add coconut milk to stuffed coconut shell just before serving.

Makes 4 servings

Contributed by Litia Vosanibola

desserts

Ghana



Coconut King Candies Kube Cake

1 cup sugar
2½ cups water
1 tsp lime juice
4 cups coconut meat, sliced into thin strips

1. Boil sugar and ½ cup water until sugar is dissolved.
2. Add lime juice.
3. Add remaining water and stir vigorously to mix evenly.
4. Add coconut meat and continue stirring over low heat for about 30 minutes
5. When coconut meat is cooked and reaches a thick consistency, remove from heat and mould into desired shape.

Makes 6 - 8 servings

Contributed by Albert Osei-Bonsu and Mercy Evelyn Ocloo

desserts

India



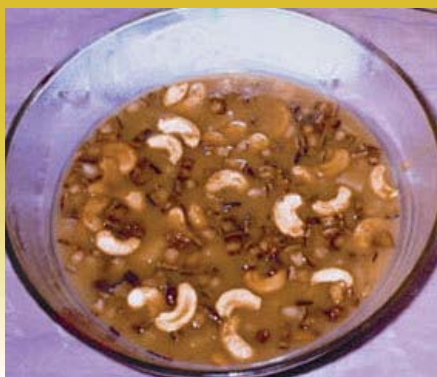
Coconut Toffee Nalikera Mittayi

1½ cups thick coconut milk
1½ cups cow's milk
1½ cups sugar
½ tsp vanilla
2 tbsp ghee (clarified butter)

1. Mix coconut milk and cow's milk in pot and bring to a boil. Add sugar, stirring constantly, until it thickens.
2. Add vanilla and ghee. Remove from heat.
3. Grease pan with ghee. Flatten mixture to 1-cm thickness. Cut into small pieces while warm.

Makes 10 - 12 servings

Contributed by Jissy George



Young Coconut Pudding Karikku Payasam

4 tsp ghee (clarified butter)
Meat from 2 young coconuts, sliced into thin pieces
2 tsp sugar
2 cups jaggery
3 cups water
2 cups coconut milk
2 tsp wheat flour, dissolved in $\frac{1}{2}$ cup of water
 $\frac{1}{2}$ cup coconut meat, chopped into small pieces
 $\frac{1}{2}$ cup cashew nut
5 cardamom pods, powdered

1. Heat 2 tsp ghee in pot and fry young coconut for 5 minutes.
2. Add sugar and set aside.
3. In another pot, dissolve jaggery in water. Bring to a boil and filter out impurities. Add to young coconut mixture.
4. Add coconut milk and stir slowly in low heat.
5. Add flour solution and stir.
6. Fry chopped coconut meat in 2 tsp ghee.
7. Remove fried coconut meat and fry cashew nut in remaining ghee.
8. Add fried coconut meat and cashew nut to coconut milk-flour mixture.
9. Add powdered cardamom. Stir until cooked.

Makes 10 servings

Contributed by Remya Krishnan



Tender Coconut Pudding

Karikku Pudding

20 g agar-agar (China grass)
2 cups water
3 cups coconut water
1½ cups condensed milk
4 cups evaporated milk
1½ cups sugar
½ kg (about 6 cups) chopped tender coconut meat
Grated coconut, fried
Chopped cashew nuts

1. Boil agar-agar in water until dissolved. Add coconut water and stir.
2. Boil condensed milk and evaporated milk with sugar. Stir.
3. When both milk and agar have the same temperature, mix and then heat again for a while.
4. Pour into bowls and add coconut meat. Allow to set.
5. Refrigerate for 2 hours.
6. Top with fried grated coconut and chopped cashew nuts.

Makes 20 - 25 servings

Contributed by Jissy George



Coconut Sherbet **Es Kelapa Kopyor**

1 cup meat from 1 young coconut
½ cup water
½ tsp vanilla
2 tbsp thick coconut milk
4 tbsp condensed milk
1 tsp lemon juice
Food colouring (optional)

1. Blend all ingredients except food colouring.
2. Add colouring to mixture. Mix thoroughly.
3. Put in freezer for one hour.
4. Remove and stir with mixer. Put in freezer again for another hour.
5. Remove and stir again with mixer. Keep in freezer.
6. Decorate with cherry and chocolate stick when ready to serve.

Makes 2 servings

Contributed by Indonesian Coconut Palmae Research Institute

desserts

Indonesia



Sweet Grated Coconut Gulampo

4 cups grated coconut
2 cups brown sugar
¼ tsp vanilla

1. Mix grated coconut with brown sugar.
2. Cook while stirring continuously for 30 minutes.
3. Add vanilla, mix thoroughly and remove from heat.
4. Transfer into cylinder moulds and cool.
5. Use a piece of thick thread to cut through, or use a wet knife to slice.

Makes 8 servings

Contributed by Midaningsih

desserts

Malaysia



Banana Porridge Bubur Pisang

4 cups coconut milk
1 cup sugar
10 ripe plantain bananas, peeled and sliced
2 tbsp wheat flour
2 tbsp cold water

1. Boil coconut milk in pot.
2. Add sugar and bananas. Stir constantly to prevent coconut milk from curdling.
3. Dissolve wheat flour in cold water and add to mixture. Remove from heat.
4. Serve warm or cold.

Makes 10 - 12 servings

Contributed by Nanilidia Bte. Mohd. Jansah



Coconut Agar-Agar Agar Agar Kelapa

4 cups young coconut water
1 packet white agar-agar powder
2 - 3 pandan (screwpine) leaves
1 cup sugar
1 cup coconut milk
2 cups young coconut meat, blended

1. Boil coconut water, agar-agar powder and pandan leaves in saucepan.
2. Add sugar gradually and bring to a boil over medium heat.
3. Remove pandan leaves.
4. Add coconut milk and coconut meat. Stir constantly over low heat until it boils.
5. Remove from heat and pour into cup cake pan or half coconut shells.
6. Chill several hours before serving.

Makes 3 - 4 servings

Contributed by Nilus Kalitu and Mary Donia Logihad



Coconut Fruit Dessert

Campuran Kelapa dan Buah Buahan

- 1 tender coconut
- 1 cup nata de coco (a chewy gel produced by the bacterial fermentation of coconut water)
- 1 cup pineapple , cubed
- 1 cup papaya, cubed
- 1 ½ cup evaporated milk
- 1 cup condensed milk
- ¼ cup red cherry (optional)
- ¼ cup green cherry (optional)
- 1 cup ice cream (optional)

1. Scrape coconut meat into thin strips with a coconut scraper.
2. Mix other ingredients, except ice cream, in bowl.
3. Chill. Top with ice cream before serving.

Makes 4 servings

Contributed by Zaleha Abdullah

desserts

Malaysia



Sweet Red Bean Porridge Bubur Kacang Merah

½ cup macaroni
6 cups water
2 cups red beans
2 cups thin coconut milk
1 cup thick coconut milk
1½ cups sugar
A pinch of salt

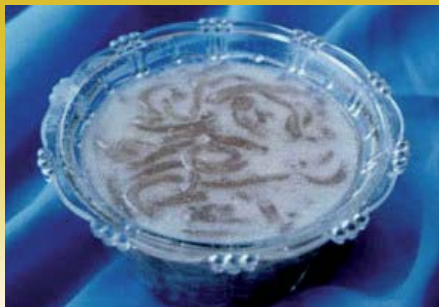
1. Boil macaroni in 3 cups water until almost soft. Drain and set aside.
2. Boil red beans in remaining 3 cups water until soft.
3. Pour thin coconut milk and simmer over medium heat.
4. Add thick coconut milk, sugar, salt and macaroni.
5. Bring to a boil and keep stirring until macaroni is cooked.
6. Serve either hot or cold.

Makes 4 - 6 servings

Contributed by Siti Bidari Bte. Musa

desserts

Malaysia



Sago Jelly **Nanggiu**

1 cup fresh sago flour
Water
1½ cups thin coconut milk
1 cup thick coconut milk
2 pandan (screwpine) leaves
4 tbsp sugar
Salt

1. Put sago flour in large mixing bowl and add water a little at a time to make dough. Knead until soft.
2. Put dough in boiling water for 2 minutes to cook it partially.
3. Place dough on floured board. Knead while still hot.
4. Roll dough into thin pastry and cut into thin strips.
5. Drop strips in boiling water until they turn clear and jelly-like.
6. Sieve sago strips and run tap water to wash off the starch.
7. Boil thin coconut milk and pandan leaves for a few minutes.
8. Add thick coconut milk and bring to a boil.
9. Add sago strips and continue cooking until they float.
10. Add sugar and salt to taste.
11. Remove pandan leaves and serve.

Makes 3 - 4 servings

Contributed by Margarette Sikuit



Steamed Egg in Coconut Milk Telur Kukus Bersantan

½ cup water
½ cup coconut sugar
4 eggs
½ cup coconut milk

1. Boil water with sugar until sugar is completely dissolved. Set aside.
2. Beat eggs in bowl. Add coconut milk and mix.
3. Stir in sugar solution. Remove any bubbles formed.
4. Steam for 10 minutes.
5. Serve hot or cold.

Makes 4 servings

Contributed by Au Wai Fong



Coconut Flakes

Halwa Kelapa

Meat from one mature coconut, sliced very thinly
 $\frac{3}{4}$ cup confectioner's sugar

1. Blanch coconut meat in boiling water for 15 - 20 minutes.
2. Drain and sun-dry. Avoid drying under very hot sunlight, or the coconut meat will become oily.
3. Mix with sugar before it is completely dried.
4. Air-dry to prevent from becoming sticky.
5. Serve or store in airtight container.

Makes 4 servings

Contributed by Wong Thiam Lim



Tender Coconut Salad **Salad Kelapa Muda**

1 cup shredded tender coconut meat
1 tbsp shredded cheese
1 tbsp mayonnaise
2 tbsp sugar (optional)

1. Combine all ingredients in mixing bowl. Mix well.
2. Refrigerate before serving.

Makes 2 - 3 servings

Contributed by Nilus Kalitu and Mary Donia Logihad

desserts

Malaysia



Coconut Milk Candy Gula Gula Kelapa

Coconut milk from 6 coconuts
3 pandan (screwpine) leaves
Salt to taste
2½ cups sugar

1. Boil coconut milk with pandan leaves and salt. Cook until water has completely evaporated and oil surfaces.
2. Add sugar. Cook until liquid becomes brown and thick.
3. Remove from heat and pour content into mould. Cool.
4. Cut into cubes before it hardens.
5. Keep in airtight container.

Makes 10 servings

Contributed by Seriam Sapun

desserts

Philippines



Sweetened Purple Yam Halayang Ube

1 kg purple yam, grated
3 cups coconut milk
 $\frac{1}{2}$ kg (about $2\frac{1}{2}$ cups) brown sugar
1 cup condensed milk

1. Boil coconut milk.
2. Add purple yam and stir constantly.
3. When yam is almost cooked, add brown sugar and stir until sugar is completely dissolved.
4. Add condensed milk, mix thoroughly and remove from heat.
5. Put in pan to mould. Refrigerate.

Makes 8 servings

Contributed by Roselyn Marimat

desserts

Philippines



Special Coco Candy Makapuno Kendi

4 cups soft endosperm coconut (makapuno) meat, grated and mashed
1 300-ml can condensed milk
 $\frac{1}{2}$ kg (about $2\frac{1}{2}$ cups) granulated sugar
 $\frac{3}{4}$ cup grated cheddar cheese

1. Mix all ingredients.
2. Cook in heavy skillet over medium-high heat while stirring constantly.
3. When mixture starts to boil, reduce heat and continue cooking until mixture is almost dry (45 minutes to 1 hour). Stir constantly to prevent sticking to bottom of pan and burning.
4. When mixture is done, cool. Roll and wrap in cellophane.

Makes 15 servings

Contributed by Ambrosio Raul R. Alfiler

desserts

Philippines



Sweet Shredded Coconut Bocarillo

2 cups grated coconut
1½ cups brown sugar
½ cup evaporated milk
2 eggs, slightly beaten
1 tbsp calamansi (Philippine small lime variety) juice

1. Mix sugar and grated coconut. Cook over moderate heat. Stir to prevent burning.
2. Add milk gradually.
3. Add eggs while mixing thoroughly. Flavor with calamansi juice.
4. Remove from heat.

Makes 5 - 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

desserts

Philippines



Fruit Salad with Tender Coconut Meat **Buko Pandan**

4 tbsp unflavored gelatin
3½ cups water from young coconuts (buko)
½ cup sugar
1 tsp pandan leaf extract (pandan leaf boiled in small amount of water)
3 drops each of green and yellow food colouring
1½ cup all-purpose cream
½ cup condensed milk
1 can lychees, drained and quartered
Shredded meat from 3 young coconuts
½ cup toasted pinipig (young glutinous rice that is roasted and then flattened by pounding).

1. Dissolve gelatin in 1 cup coconut water. Boil remaining coconut water with sugar, and add dissolved gelatin. Remove from heat.
2. Divide dissolved gelatin into two parts. Add pandan flavor and green food colouring in one, and yellow food colouring in the other. Pour in moulds and chill to solidify. Cut into cubes.
3. Blend cream and condensed milk.
4. Combine gelatin cubes, lychees and shredded coconut meat with creamed condensed milk. Chill.
5. Serve with toasted pinipig as garnish.

Makes 6 servings

Contributed by Annie Guerrero

Philippines



Makapuno Balls with Jackfruit
Mak Bols At Langka

Meat from 1 makapuno (soft endosperm coconut variety), scooped into balls

1½ cups sugar

1½ cups water

1 cup jackfruit, cut into strips

1. Form makapuno balls with melon scoop.
2. Prepare syrup by dissolving sugar in 1 cup water. Bring syrup to a boil.
3. Add makapuno balls carefully. Simmer for about 10 minutes.
4. Add jackfruit strips and heat further.
5. Boil over low heat for 5 minutes.

Contributed by Philippine Coconut Research & Development Foundation, Inc.



Rice and Wheat Flour Cake **Kalu Dodol**

- 1¼ kg palm sugar (kitul jaggery from *Caryota urens*)
- 1 cup sugar
- 8 cups thin and 3 cups thick coconut milk from 6 mature nuts
- 2 cups rice flour
- 1½ cups wheat flour
- 4 cardamom seeds, ground
- 1 cup raisins
- ½ cup cashew nuts, chopped

1. Dissolve palm sugar and sugar in thin coconut milk. Mix and strain into large pan. Bring to a boil.
2. Stir constantly until mixture is reduced to half.
3. Add rice flour, wheat flour, cardamom powder and thick coconut milk. Continue stirring. Remove oil that floats as mixture simmers.
4. When mixture is thick, remove pan from heat. Add raisin and cashew nuts.
5. Pour mixture into deep tray. Press to level evenly. Cool and cut into desired shape.

Makes 6 - 8 servings

Contributed by S. H. Sumith Senarathne

Tanzania



Sweetened Grated Coconut
Kashata

1 kg (about 5 cups) white sugar
2 cups water
4 - 6 cups grated coconut

1. Mix sugar with water. Boil until sugar is dissolved.
2. Add grated coconut. Boil over low heat for 30 - 40 minutes, stirring constantly until thick.
3. Put mixture in greased tray. Spread mixture evenly.
4. While mixture is still hot, cut into desired size and shape.

Makes 8 - 10 servings

Contributed by Joyce Paul, V. Chokala and V. Kiwia

Thailand



Sticky Rice with Shredded Coconut
Khao Niao Dam Na Ka Cheg

1 kg (about 5½ cups) glutinous rice, soaked in water for 3 hours and drained
4 cups coconut milk
1½ cups white sugar
1 tsp salt
1 kg (about 4.5 cups) coconut sugar
2 cups shredded coconut

1. Steam rice for 20 minutes.
2. Mix coconut milk, sugar and salt. Pour into steamed rice. Mix well. Cover and set aside.
3. Melt coconut sugar until it caramelizes. Add shredded coconut. Mix until sticky and dry.
4. Put rice on platter, flatten with spoon and cut into small squares. Top with sweetened shredded coconut.

Makes 15 servings

Contributed by Peyanoot Naka

desserts

Thailand



Coconut Milk Ice Cream Aisa Khrim Ka Thi

½ cup water
1 cup sugar
3½ cups coconut milk

1. Put sugar and water in pot. Heat until sugar is dissolved. Remove from heat and filter through cheesecloth.
2. Heat mixture until it thickens. Remove from heat.
3. While syrup is still warm, add coconut milk and mix well.
4. Pour into ice cream freezer and crank freezer for about 45 minutes.

Makes 6 servings

Contributed by Peyanoot Naka



Coconut-filled Rice Cake

Khanom Sod Sai

200 g coconut sugar
Water
2 cups shredded coconut
½ kg (about 3 cups) glutinous rice flour
8 cups coconut milk
½ kg (about 3 cups) ordinary rice flour
2½ cups white refined sugar
1 tsp salt

1. To prepare coconut filling, dissolve coconut sugar in ½ cup water. Add shredded coconut. Cook over low heat, stirring well until liquid has evaporated. Remove from heat and set aside.
2. Mix glutinous rice flour with water little by little to make soft dough.
3. Divide dough into small equal pieces. Flatten each piece and spoon some coconut filling in the centre.
4. Gather up edges and crimp to seal.
5. Place dough on a small piece of banana leaf and set aside.
6. Mix coconut milk with ordinary rice flour until flour is dissolved.
7. Add refined sugar and salt. Cook over low heat, stirring constantly until mixture thickens like paste. Remove from heat.
8. Coat each piece of dough with coconut milk mixture. Wrap with coconut leaf and secure with coconut midrib.
9. Steam for 30 minutes.

Makes 20 - 25 servings (about 50 pieces)

Contributed by Peyanoot Naka

drinks

Indonesia



Young Coconut Iced Drink Es Kelapa Muda

Meat from 4 - 5 young coconuts
8 cups coconut water
4 tbsp cocopandan syrup
Ice cubes

1. Blend coconut meat, coconut water and syrup.
2. Add more ice cubes before serving.

Makes 5 servings

Contributed by Indonesian Coconut Palmae Research Institute

Malaysia



Coconut Punch
Jus Buah Buahan Campuran Dan Kelapa

2 pandan (screwpine) leaves
2 cups white sugar
4 cups water
1 cup pineapple, cubed
1 cup papaya, cubed
1½ cups shredded young coconut meat
4 cups coconut water
Juice from 1 mandarin orange
Juice from 2 limes
Salt

1. Boil pandan leaves and sugar in water. Set aside
2. Combine all other ingredients, add sugar mixture and stir well.
3. Serve cold.

Makes 10 - 12 servings

Contributed by Hjh. Mariam bt. Hj. Ahmad

drinks

Malaysia



Coconut Thirst Quencher Jus Kelapa Bermadu

4 cups young coconut water
2 tbsp shredded young coconut meat
½ cup coconut sugar syrup or honey
Ice cubes

1. Mix all ingredients.
2. Stir well and serve.

Makes 3 - 4 servings

Contributed by Nilus Kalitu and Josephine Vitus



Milky Coconut Juice **Jus Susu Kelapa**

Water and meat from 2 young coconuts
1 cup evaporated milk
Sugar to taste
Ice cubes

1. Blend coconut meat and water.
2. Add milk, sugar and ice cubes.
3. Serve cold.

Makes 3 - 4 servings

Contributed by Mohamad Nashir and Mariama Dakula



Tender Coconut Water with Lime **Jus Lelapa Dan Limau**

Coconut water from 2 young coconuts
Juice from 1 lime
Sugar

1. Put coconut water in jar.
2. Add lime juice and sugar to taste. Stir well.
3. Serve cold. Add young coconut meat in the juice, if desired.

Makes 3 - 4 servings

Contributed by Au Wai Fong

Philippines



Iced Coco Coffee Drink
Buko Shake

1 young (10 months) coconut
¼ cup condensed milk
1 tsp brown sugar
1 tsp instant coffee
4 cups ice cubes

1. Open the coconut and collect the water.
2. Scrape coconut meat. Blend until smooth and creamy.
3. Add coconut water and remaining ingredients. Blend for another minute.
4. Serve immediately.

Makes 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

Thailand



Coconut Jelly Drink
Wul Nai Lou Ma Phrao

20 young coconuts
Coconut water from the young coconuts
25 g agar
1 kg (about 5 cups) white refined sugar

1. Trim husk of young coconuts.
2. Soak coconuts in 3% sodium metabisulfite solution to prevent darkening of husks. (This step may be omitted if drinks will be served immediately.)
3. Cut off the tops (these will be the lids). Pour out coconut water into pot.
4. Spoon coconut meat into bowl. Set aside.
5. Boil coconut water. Add agar and sugar. Stir until completely dissolved. Remove from heat.
6. Pour mixture into young coconuts and add coconut meat. Cover with lid. Serve cold.

Makes 20 servings

Contributed by Peyanoot Naka

drinks

Vietnam



Coconut Milk Agar Xu Xoa Dua

25 g agar
2 cups water
1½ cups freshly extracted coconut milk
1 cup sugar
Ice

1. Soak agar in small amount of water for 20 minutes. Strain.
2. Boil agar in 2 cups water and pour into mould. Cool.
3. When agar solidifies, remove from mould and cut into cubes.
4. Mix agar with coconut milk, sugar and ice.

Makes 3 - 4 servings

Contributed by Oil Plant Institute of Viet Nam

drinks

Indonesia



Young Coconut Iced Drink Es Kelapa Muda

Meat from 4 - 5 young coconuts
8 cups coconut water
4 tbsp cocopandan syrup
Ice cubes

1. Blend coconut meat, coconut water and syrup.
2. Add more ice cubes before serving.

Makes 5 servings

Contributed by Indonesian Coconut Palmae Research Institute

drinks

Malaysia



Coconut Punch Jus Buah Buahan Campuran Dan Kelapa

2 pandan (screwpine) leaves
2 cups white sugar
4 cups water
1 cup pineapple, cubed
1 cup papaya, cubed
1½ cups shredded young coconut meat
4 cups coconut water
Juice from 1 mandarin orange
Juice from 2 limes
Salt

1. Boil pandan leaves and sugar in water. Set aside
2. Combine all other ingredients, add sugar mixture and stir well.
3. Serve cold.

Makes 10 - 12 servings

Contributed by Hjh. Mariam bt. Hj. Ahmad

drinks

Malaysia



Coconut Thirst Quencher Jus Kelapa Bermadu

4 cups young coconut water
2 tbsp shredded young coconut meat
½ cup coconut sugar syrup or honey
Ice cubes

1. Mix all ingredients.
2. Stir well and serve.

Makes 3 - 4 servings

Contributed by Nilus Kalitu and Josephine Vitus

drinks

Malaysia



Milky Coconut Juice Jus Susu Kelapa

Water and meat from 2 young coconuts
1 cup evaporated milk
Sugar to taste
Ice cubes

1. Blend coconut meat and water.
2. Add milk, sugar and ice cubes.
3. Serve cold.

Makes 3 - 4 servings

Contributed by Mohamad Nashir and Mariama Dakula



Tender Coconut Water with Lime **Jus Lelapa Dan Limau**

Coconut water from 2 young coconuts
Juice from 1 lime
Sugar

1. Put coconut water in jar.
2. Add lime juice and sugar to taste. Stir well.
3. Serve cold. Add young coconut meat in the juice, if desired.

Makes 3 - 4 servings

Contributed by Au Wai Fong

Philippines



Iced Coco Coffee Drink
Buko Shake

1 young (10 months) coconut
¼ cup condensed milk
1 tsp brown sugar
1 tsp instant coffee
4 cups ice cubes

1. Open the coconut and collect the water.
2. Scrape coconut meat. Blend until smooth and creamy.
3. Add coconut water and remaining ingredients. Blend for another minute.
4. Serve immediately.

Makes 6 servings

Contributed by Anna Marie C. Tumbokon and Dina B. Masa

Thailand



Coconut Jelly Drink
Wul Nai Lou Ma Phrao

20 young coconuts
Coconut water from the young coconuts
25 g agar
1 kg (about 5 cups) white refined sugar

1. Trim husk of young coconuts.
2. Soak coconuts in 3% sodium metabisulfite solution to prevent darkening of husks. (This step may be omitted if drinks will be served immediately.)
3. Cut off the tops (these will be the lids). Pour out coconut water into pot.
4. Spoon coconut meat into bowl. Set aside.
5. Boil coconut water. Add agar and sugar. Stir until completely dissolved. Remove from heat.
6. Pour mixture into young coconuts and add coconut meat. Cover with lid. Serve cold.

Makes 20 servings

Contributed by Peyanoot Naka

drinks

Vietnam



Coconut Milk Agar Xu Xoa Dua

25 g agar
2 cups water
1½ cups freshly extracted coconut milk
1 cup sugar
Ice

1. Soak agar in small amount of water for 20 minutes. Strain.
2. Boil agar in 2 cups water and pour into mould. Cool.
3. When agar solidifies, remove from mould and cut into cubes.
4. Mix agar with coconut milk, sugar and ice.

Makes 3 - 4 servings

Contributed by Oil Plant Institute of Viet Nam

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MLC George, EP Cervantes, editors



Bioversity International is
the operating name of the
International Plant
Genetic Resources
Institute (IPGRI)

Supported by the CGIAR

ISBN-978-92-9043-806-9